Published on Reclink Australia (https://reclink.org)

3-027 Wednesday Tai Chi Qigong - Holland Park (SG) [1]

Description

Activity Type: Recreation [2] Relaxation Techniques [3] Tai Chi [4] State and Region: QLD [5] Brisbane [6]

Due to Covid-19, some programs are not currently running. Please contact the venue before attending

Tai Chi Qigong is a mindfulness practice of Taoist internal energy meditation.

Applying these principles of mindfulness for self-care and restoration provides you with perspectives and tools for managing stress and fatigue on physical, mental and emotional levels.

For more information, head to

Details

Venue: C.B. Mott Park Address: Abbotsleigh Street (near playground) Suburb: Holland Park Time: 7:00am - 8:00am Schedule: Wednesday Cost: FREE

Contact Information

Agency: Australian Academy of Tai Chi Contact: Inka Phone: 07 3358 1955 Email: [redacted] [8]

Source URL: https://reclink.org/programs/reclink-national-program/3-027-wednesday-tai-chi-qigong-holland-park-sg

Links

[1] https://reclink.org/programs/reclink-national-program/3-027-wednesday-tai-chi-qigong-holland-park-sg
[2] https://reclink.org/activities/recreation
[3] https://reclink.org/activities/relaxation-techniques
[4] https://reclink.org/activities/tai-chi-1
[5] https://reclink.org/state-region/qld
[6] https://reclink.org/state-region/brisbane
[7] http://www.livingchi.com.au/

[8] mailto:ozchi@ozemail.com.au