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3-028 Wednesday Tai Chi Qigong - Wynnum (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: Wading Pool Park Address: Wynnum Esplanade opposite Florence Street Suburb: Wynnum Time: 8:30am - 9:30am Schedule: Wednesday Cost: FREE

Contact Information

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

Source URL: https://reclink.org/programs/reclink-national-program/3-028-wednesday-tai-chi-qigong-wynnum-sg

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