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# 5-041 Friday Tai Chi Qigong - Newstead (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: Newstead Park (picnic shelter near river) Address: Newstead Avenue Suburb: Newstead Park Time: 8:30am - 9:30am Schedule: Fridays Cost: FREE

## Contact Information

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

Source URL: https://reclink.org/programs/reclink-national-program/5-041-friday-tai-chi-qigong-newstead-sg

Links
[1] https://reclink.org/programs/reclink-national-program/5-041-friday-tai-chi-qigong-newstead-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
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