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5-042 Friday Tai Chi Qigong - Coopers Plains (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: St Davids Neighbourhood Center Address: 68 Orange Grove Road Suburb: Coopers Plains Time: 10:00pm - 11:00pm Schedule: Fridays Cost: FREE

Contact Information

Agency: Australian Academy of Tai Chi Contact: Kevin Phone: 07 3358 1955 Email

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