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7-001 Sunday Tai Chi Qigong - Fairfield (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: Robinson Park Address: Sydney Street (near playground) Suburb: Fairfield Time: 8:00am - 9:00am Schedule: Sunday Cost: FREE

Contact Information

Agency: Australian Academy of Tai Chi Contact: Kevin Phone: 07 3358 1955 Email: coyhu@optusnet.com.au [8]

Source URL: https://reclink.org/programs/reclink-national-program/7-001-sunday-tai-chi-qigong-fairfield-sg

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