



TAI CHI & QIGONG WORKSHOP

DELORAIN, TASMANIA – SUNDAY, 26 MARCH, 2023, 1-4pm

Free Introductory Lesson & Information Workshop – presented by Gai Wanless.

This Tai Chi & Qigong Workshop is generously funded by the Tasmanian Government through the 2022 State Sports Grant Program, and with contributions from Kung Fu Wushu Tasmania. Its aim is to help people from 8-80 years of age understand the many health benefits to be gained by practising Tai Chi & Qigong.

Participants will be taught Ba Duan Jin Qigong (8 Pieces of Brocade), 8 separate exercises, each focusing on different areas of the body & meridian systems. Practising this set may help to improve muscle strength, breathing, circulation, relaxation & mindfulness. It is often said to help to delay the aging process, strengthen the immune system & improve mental health. These 8 Treasures are beneficial for anyone interested in active, healthy living.

The Workshop will also include warm up exercises, Tai Chi movements & self-massage techniques.

Suitable for all levels of fitness & no prior experience is necessary.

Wear loose, comfy clothing & flat shoes.

Afternoon tea will be served.

All instructors have completed Covid Safe Certification.
Please do not attend if you are unwell.

Venue: Western Tiers Community Club. 33A Parsonage St, Deloraine.

Contact Gai via the contact page www.ttcak.com
or call Judy on 0409477828 to book your place or for more information.



Photos are from the Deloraine Workshop – January 2021