



Tai Chi Australia, Tai Chi and Chi Kung Institute and Shaolin Kung Fu Guan proudly present

A series of Chinese Health Qigong Workshops

Conducted by Professors Xiang Hanping and Wang Zhen from the Chinese Health Qigong Association from Saturday 31 October to 8 November 2009.

Please click on the links below for tour dates, venue and enquiry details.

[Melbourne Workshops](#)

[Adelaide Workshops](#)

[Brisbane Workshops](#)

[Launceston Workshops](#)

These workshops will offer inspiration and practical knowledge in this Eastern approach to health and well being. By working through different movements that constitute each form you will learn the relationship between each movement and Chinese medicine theory. The gentle and flowing movements stimulate vital energy, creating harmony and health for both body and mind.

This workshop will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in the Traditional Chinese Health Systems.

Please go to our [Qigong Forms](#) page for more detailed information on each of these four forms.

Melbourne Workshops

[Workshop 1: Liu Zi Jue \(Six Healing Sounds\)](#)

[Workshop 2: Wu Qin Xi \(Five Animal Exercises\)](#)

When: 10.00am to 4.30pm Saturday 31 October, 2009

Where: South Yarra Sports Centre, 679 Chapel Street, South Yarra

Cost: \$99 – TCA students or \$132 – Public (GST inclusive)

[Workshop 3: Yi Jin Jing \(Twelve Limbering Exercises\)](#)

[Workshop 4: Ba Duan Jin \(Eight Golden Treasure Brocade\)](#)**When:** 10.00am to 4.30pm Sunday 1 November, 2009**Where:** South Yarra Sports Centre, 679 Chapel Street, South Yarra**Cost:** \$99 – TCA current and past students or \$132 – Public (GST inclusive)

Enquiries: Tai Chi Australia

P O Box 59, Glen Iris, 3146

Tel & Fax: (03) 9889 9999

E-mail: taichiaustralia@hotmail.com**Booking is ESSENTIAL. For further information, please call (03) 9889 9999.****Note:** TCA reserves the right to cancel any of the Workshops due to any unforeseen circumstances.[Back to top](#)

Adelaide Workshops

FREE INTRODUCTORY NIGHT

including DVD presentation and live demonstrations by the Masters from China

When: 6.30pm to 7.30pm Friday 6 November, 2009**Where:** Deaf Cando Hall, 262 South Terrace (near Pultney Street) Adelaide**Cost:** Gold coin donation**[Workshop 1: Ba Duan Jin \(Eight Golden Treasure Brocade\)](#)****When:** 9.00am to 3.30pm Saturday 7 November, 2009**Where:** Deaf Cando Hall, 262 South Terrace (near Pultney Street) Adelaide**Cost:** \$99 – Institute's current and past students or \$132 – Public (GST inclusive)**[Workshop 2: Wu Qin Xi \(Five Animal Exercises\)](#)****When:** 9.00am to 3.30pm Sunday 8 November, 2009**Where:** Estonian Hall, 200 Jeffcott Street (Cnr Childers Street) North Adelaide**Cost:** \$99 – Institute's current and past students or \$132 – Public (GST inclusive)

Enquiries: Tai Chi Chi Kung Institute

Tel (08) 8371 2488

E-mail: office@taichi.com.auwww.taichi.com.au**Booking is ESSENTIAL. For further information, please call (08) 8371 2488.**[Back to top](#)

Brisbane Workshops

[Workshop 1: Ba Duan Jin \(Eight Golden Treasure Brocade\)](#)**[Workshop 2: Liu Zi Jue \(Six Healing Sounds\)](#)****When:** Workshop 1: 6.00pm to 8.00pm, Workshop 2: 8.00pm to 10.00pm Wednesday 4, 5 and 6 November, 2009**Where:** Unit 8/747 Fairfield Road, Fairfield**[Workshop 3: Yi Jin Jing \(Twelve Limbering Exercises\)](#)****[Workshop 4: Yi Jin Jing \(Twelve Limbering Exercises\)](#)**

When: Workshop 3: 9.00am to 12.00pm, Workshop 4: 1.30pm to 4.30pm, Theory: 4.30pm to 5.30pm Saturday 7 November, 2009

Where: Unit 8/747 Fairfield Road, Fairfield

[Workshop 5: Wu Qin Xi \(Five Animal Exercises\)](#)

[Workshop 6: Wu Qin Xi \(Five Animal Exercises\)](#)

When: Workshop 5: 9.00am to 12.00pm, Workshop 6: 1.30pm to 4.30pm, Theory: 4.30pm to 5.30pm Sunday 8 November, 2009

Where: Unit 8/747 Fairfield Road, Fairfield

Enquiries: Shaolin Kung Fu Guan

Tel: (07) 3899 8989

E-mail: shaolinkungfuguan@hotmail.com

Booking is ESSENTIAL. For further information, please call (07) 3899 8989 or 0421 356 606.

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Launceston Workshops

[Workshop: Liu Zi Jue \(Six Healing Sounds\)](#)

When: 9.30am to 4.00pm Sunday 1 November, 2009

Where: Cosgrove Park Bowls Club, Waveney Street, Sandhill

Cost: \$99 – TCA students or \$132 – Public (GST inclusive)

Enquiries: Tai Chi Australia

P O Box 59, Glen Iris, 3146

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