


## NEW ZEALAND WUSHU MEMBER PROFILE - Auckland Central

**CHIEF INSTRUCTOR:** **Diana Lau**

**CLUB NAME:** **Tai Chi and Qigong 18 New Zealand**

**SYSTEM/S:** **Yang Style Tai Chi and Tai Chi Qigong Shibashi**

**WEBSITE:** [www.taichiqigong18.webs.com](http://www.taichiqigong18.webs.com) **EMAIL:** [dianalau60@yahoo.com](mailto:dianalau60@yahoo.com) **PHONE / TEXT:** **09-5202026. 021-1824963**

<p><b>Diana Lau</b></p> 	<p>Tai Chi and Qigong was developed hundreds of years ago in China as a series of graceful physical movements combined with deep breathing and enjoyed by millions of people every morning. It can help pensioners avoid falling injuries and boost their psychological well-being, and is now thought to be practised by 2.5million people around the world.</p> <p>Our classes are based in Auckland for Beginners, Intermediate and Advanced. Instructions are given in English, Mandarin or Cantonese as required by the student. Classes are offered in the following:</p> <p>Tai Chi Qigong Shibashi; Health Qigong Ba Duan Jin and Health Qigong Wu Qin Xi; Tai Chi Chuan from basic to Competition Form; Tai Chi Sword and Tai Chi Broadsword; Yang Style Tai Chi Fan; Tai Chi Gong Fu Fan; Tai Chi Double Fan; Si Wei Tai Chi Fan; Mulan Double Fan.</p> <p>Our students are encouraged to take part in Tai Chi demonstrations at festivals and to enter competitions to gain confidence and experience.</p>
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Class Type	City	Suburb	Venue	Street Address	Day	Time	Cost
Tai Chi and Qigong	Auckland	Epsom	Epsom Community Center	202 Gillies Ave, Epsom Auckland	Mon Fri Sun	10.30am-12.00pm 10.00am-12.45pm 9.00am-10.00am	*
Tai Chi and Qigong	Auckland	Onehunga	Onehunga Community Center	83 Church Street, Onehunga. Auckland	Wed	7.00pm-8.30pm	*

\* Please contact Diana Lau for more details.