



2026 CCQ State Rally
Chinchilla Qld
17th to 23rd September 2026



Tai Chi at the CCQ State Rally

Tai chi is a gentle, low-impact Chinese martial art often described as "meditation in motion," featuring slow, flowing, and circular movements paired with deep breathing. It is primarily practiced for stress reduction, health improvement, and balance enhancement, making it suitable for all ages and fitness levels, particularly seniors

Each morning (Friday to Monday) from 8:30am to 9:30am Lyn Hill will guide you through the various Tai Chi movements which involve balance, strength, coordination and flexibility.

Cost: A gold coin donation for the RFDS

There are two concepts behind Tai Chi:

- **Qi** — an energy force thought to flow through the body. Tai chi unblocks and helps the flow of qi.
- **Yin and yang** — are opposing elements thought to make up the universe that need to be kept in harmony. Tai chi promotes this balance.



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