

Empower Your Team with the Arts of Tai Chi & Qi Gong

In today's fast-paced world, stress, confrontation, and burnout are major challenges for staff and frontline workers. I'm Darrin Bird, and I offer a powerful, evidence-based programs to help your team build resilience, improve well-being, and enhance performance through the ancient arts of Tai Chi and Qi Gong.

I have a proven track record of delivering successful wellness programs and workshops for a variety of organisations, including UOW, Edgewell, and Carers ACT.



"Shifu Darrin from Shaolin Warrior has facilitated sessions for our Carers at our retreats. He delivers a professional program that provides our carers with the opportunity of learning the techniques within their level of fitness."

"The feedback from the carers is always high, they had never tried this type of technique before and will continue to bring the breathing exercise into there Daily life..."

Sonia, Groups Respite Facilitator, Carers ACT

Why Invest in Tai Chi & Qi Gong for Your Staff?

My programs are designed to address the unique pressures faced by modern professionals.

- **Manage Stress & Anxiety:** Tai Chi and Qi Gong movements and focused breath-work calm the nervous system
- **De-escalate Confrontation:** Learn to stay centred and clear-headed in challenging situations.
- **Lower Blood Pressure:** Regular practice is clinically shown to improve cardiovascular health.
- **Reduce Sick Days:** By strengthening the immune system and promoting overall wellness.
- **Boost Focus & Productivity:** Improve mental clarity and concentration.



About Your Instructor, Shifu Darrin Bird

I am a certified Tai Chi and Qi Gong instructor with a passion for helping people unlock their self healing and inner peace. With more than 1,000 hours of teaching experience over 8 years, I was trained by the renowned Shaolin Monk, Shi De Ru and Shaolin Martial Arts Grandmaster Shifu Brett Russell. My mission is to provide accessible and practical tools that empower individuals to manage their health and thrive in both their professional and personal lives.

EXCLUSIVE OFFER: Complimentary Wellness Session

Experience the benefits of Tai Chi and Qi Gong for yourself with a **free**, no-obligation session for your team...

I'm offering a complimentary 20-30 minute onsite session for a group of up to 10 people at your workplace in Wollongong. This is the perfect opportunity for your team to:

- **Feel the benefits:** Experience firsthand how simple breath-work and gentle movements can reduce stress and improve focus.
- **Meet the instructor:** See my teaching style and ask any questions you have in person.
- **Discover the value:** Understand how a regular program can be a game-changer for your team's health and morale.

This session is designed to be convenient for you and can be scheduled at a time that works best for your team. Rest assured, I am fully insured, and all necessary documentation will be provided before we confirm the session.

Flexible Delivery to Fit Your Needs

I understand that every organisation is different. I offer a range of convenient options to ensure your team can access these valuable sessions, no matter their location or schedule:

- **Onsite Sessions:** Bring the benefits directly to your workplace with live, in-person instruction tailored to your team.
- **Live Online Sessions:** Perfect for remote or distributed teams, these interactive sessions connect everyone through a secure and easy-to-use platform.
- **Prerecorded Content:** Provide your staff with a library of high-quality sessions they can access anytime, anywhere, at their own pace.
- **In-Studio Sessions:** Welcome your team to my tranquil studio in Wollongong for a dedicated and immersive experience.

Ready to Transform Your Workplace Wellness?

Contact me, Darrin Bird, today to book your complimentary session and discover how Tai Chi and Qi Gong can be a game-changer for your organisation's health, morale, and productivity.