



The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極
Term 1
Jan-Apr 2010

Tai Chi, Qi Gong Health Retreat. 21-23 May 2010

Come and enjoy a weekend of Tai Chi & Qi Gong practise in the beautiful natural environment of Stanwell Tops. Plenty of opportunities to practise both Tai Chi and Qi Gong and improve understanding with workshops and lessons. Please register interest with Master Sam Li on 9525 8886 or via the College website: www.taichicollege.com.au

Location: Stanwell Tops Conference Centre

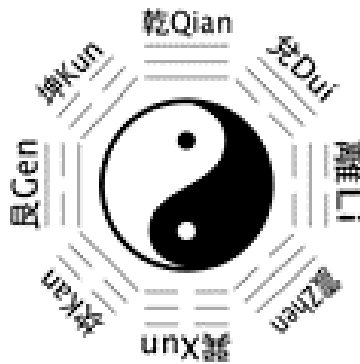
Date: Friday 21st May 7pm – Sunday 23rd May 2pm.

Cost: \$250.00 per person, inc. all meals, accommodation and workshops.



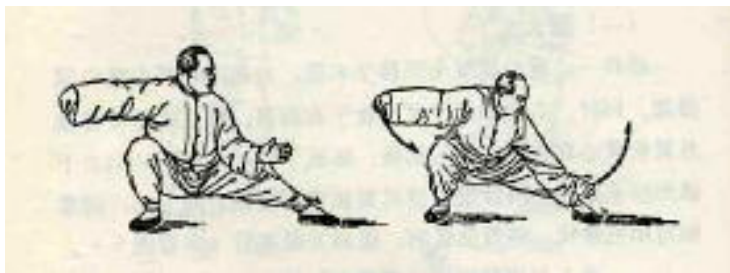
Saturday Practise.

Group Tai Chi practise is held at Gynea Community Hall from 8am-9am every Saturday morning and restarts for 2010 on January 23rd. Students of all levels are invited to come along for casual practise. Please note a \$40 annual membership fee covers each student and is payable at the beginning of each year.



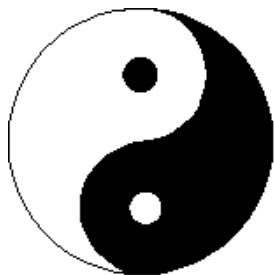
New Cronulla Hall Location.

Our Cronulla classes are moving to the newly completed Community facilities which include the new library in the Plaza. Entry is via the plaza itself or Croydon street (corner of the kingsway). There is also access directly from the multi-level carpark in Croydon Street. Please note our classes will be held in hall # 2. Please see program on rear for class details.



Qi Gong For Beginners.

The Australian College Of Tai Chi & Qi Gong teaches Qi Gong (Chi Gung) classes for beginners and advanced students. Emphasis is placed on theory and understanding of Qi Gong principles and exercises designed to help the student sense and control Qi in order to improve health and promote self development. Qi Gong is particularly useful in reducing stress, and improving relaxation. A very beneficial series of classes to newcomers to Tai Chi and Qi Gong as well as current Tai Chi students. Please see program on rear for details.



Advanced Classes On Offer For Term 1.

Level 4 and advanced classes are very beneficial to students who have completed their forms but would now like to concentrate on correction, accuracy and practise. Repeating classes is highly recommended, likewise learning new forms which round-out understanding of Tai Chi in general. Many students choose to do level 4 classes indefinitely and continue to improve their form. Term 4 offers classes in advanced slow and fast forms, as well as pushing hands, sabre and spear. Some classes will require previous knowledge, e.g sabre. Please see program on rear for details and contact Master Sam Li to register.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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