



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

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Term 3
July-Sept 2010

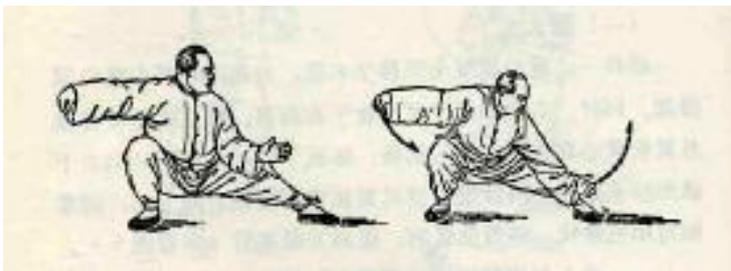
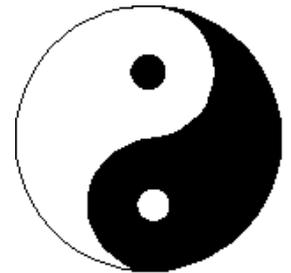


Tai Chi For Beginners Term 3 at Miranda.

Tai Chi/Taijiquan is well known around the world as a health exercise. It is practised by millions of people to help reduce stress, promote health and fitness, muscle strength, flexibility and to improve balance. The health benefits of long term, regular practise have been well documented in medical journals and there is plenty of research available for those interested in reading further. It is important to understand however, that Tai Chi is a martial art first as well as a healthy physical activity. The Australian College Of Tai Chi & Qi Gong teaches traditional Wu Jian Quan style Tai Chi. This a 108 movement form that takes 4 x 10 week terms to learn. Saturday morning practise classes are held at 8am Saturday at Gynea Community Hall to help new and long term students. Advanced/Level 4 classes can be repeated as often as desired to continue refining the form. For class registration details please see program or our college website.

May's Health Retreat.

Every other year the College runs a weekend health retreat at Stanwell Tops. The retreats focus on detailed classes in Qi Gong, Tai Chi, Traditional Chinese Medicine and massage theory, with plenty of chance to practise and ask questions. Set in a natural bush environment, it is an ideal setting for enjoying the benefits chinese health exercise and theory. This year's retreat was a great success, many thanks to all who attended and we hope that you are continuing your practise and getting great health results!! Please check with the website from time to time for upcoming retreats and workshops.



Saturday Practise Sessions.

Learning to practise in a large, casual group is very beneficial to students of all levels. Beginners can mix in with advanced students to follow along and improve their memory of the form. More advanced students can continue to correct and fine tune their form as well as learn how to adjust their timing to match the whole. Practise starts at 8am at Gynea Community Hall every week and costs \$40 for the year. Please see address details on the class program.

Qi Gong Classes.

Qi Gong (pro. Chi Kung) classes teach the theory and practise of controlling the body's energy system to improve health. Level one classes teach the fundamentals of Qi Gong and basic exercises to learn to sense and eventually control the circulation of Qi. From this foundation further techniques are added in order to design a health program to suit individual health situations. People interested in reducing stress often find quicker results with Qi Gong than Tai Chi because one or two simple techniques can start to gain immediate benefit. Tai Chi is already famous for its health benefits but takes longer to learn the movements. Both are very powerful methods of improving health, it is simply a matter of choosing the right one to suit the individual. Many people are attracted to Tai Chi classes to enjoy the physical exercise as well as relaxation. Qi Gong classes are also encouraged to current students of Tai Chi to deepen understanding the body's energy system. Please see program for class details.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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