

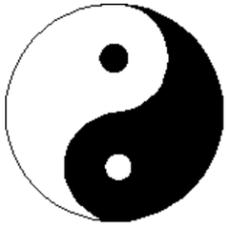


# Australian College of Tai Chi & Qi Gong -Newsletter-

太極

Term 4

Oct to Dec 2012



## Successful Food for Health Workshop

A few weeks ago the college presented a Food for Health Workshop. This workshop was well attended and very successful. Those who attended learned a great deal about how to use food and water for optimal health, and how to balance inner and external resources.

Understanding the resources that improve health is only the beginning. The next and most important step is practice. Now is the time to take action and practise by yourself. Combining the correct foods, quality water and oxygen (as discussed in the workshop) as outside resources with daily Qi Gong and Tai Chi will greatly improve and sustain your level of health.

## Tai Chi Sword Class - Extension

After finishing the Tai Chi Level 4 Class it is a good idea to join the new Tai Chi Sword Class - Extension. Tai Chi Sword Form is more advanced than slow form, however it has a similar pattern.

You will learn to improve your flow of Chi while practising sword form. This class will enable you to gain a deeper understanding of the Tai Chi aspects of sword form, and will help you to attain a different floating feeling while practising.

Learning sword form will make Tai Chi practice more interesting and will be more beneficial to your level of health. If you have completed previous sword classes, you are welcome to join this class as well.



## Tai Chi & Qi Gong Class

This class focuses on effective practice. More technical information is also provided, enabling you to gain a deeper understanding of Chi and the practice of Tai Chi and Qi Gong. Combining Tai Chi and Qi Gong together leads to increased health benefits.

The only pre-requisite for this class is the completion of Slow Form Levels 1 to 4. There is an introduction to Qi Gong for those who have not attended previous Qi Gong classes. In this class, Qi Gong can be learned step by step from the beginning.

If you have completed Qi Gong levels 1 to 4, then this class will also cover how to practise level 4 more deeply. This is an excellent opportunity to take your practice of Tai Chi and Qi Gong to a deeper and more beneficial level.



## Saturday Practice

Weekly Saturday Practice – 8am - 9am.

Everyone can benefit from group practice. For beginners it gives an opportunity to follow along with advanced students whilst learning how to keep time. For more experienced people it gives a chance to practise adjusting one's movements to match the whole group without disrupting Qi circulation or concentration. Slow form practice starts at 8am at Gynea Community Hall. New people interested in seeing Tai Chi practised are welcome to come along to watch or join in!

Please note: Saturday practice runs all year including during term breaks.

## AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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