



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

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Term 1

Feb to Apr 2014



## Merry Christmas and Happy New Year !

Thank you to all Tai Chi and Qi Gong students for your support during 2013. I would like to wish everyone a very merry and happy time for the Christmas period, and health, wealth and happiness for the New Year in 2014. I hope everyone keeps enjoying the benefits of their Tai Chi and Qi Gong practice and I look forward to seeing everyone again in February 2014 ! .... Master Sam Li, College Principal.



## College Christmas Get - Together

Our last Saturday practice for 2013 will be on **Saturday 14<sup>th</sup> Dec 2013**. Starting at 7:30am everyone is invited to come along with friends and family to watch Tai Chi demonstrations and practise in slow form, fast form, sword, sabre and spear. From 8:30am - 9:30am we will all gather together at the hall for food and drinks. Please feel free to bring along a plate of finger food or drinks.

Please contact Joyce 0403 868694 or Martin if you would like to help with food.

## Regular Saturday Practice

Please note that our last official Saturday practice for 2013 is Saturday December 14th. We will be restarting again in the new year on **Saturday 1<sup>st</sup> February 2014**.

## Annual Fee for 2014

The College's annual \$50 fee covers the cost of your Saturday morning practice for the whole year.

Please see Master Li at the hall or your instructor in class. Thank you to all students for your support this year. We look forward to practising again with you all throughout 2014 and hope that you will continue your Tai Chi and Qi Gong practice over the Christmas holiday period.

## Casual Saturday Practice

Casual Saturday practice will continue at the hall during January next year as follows:

04-Jan-2014 8am - 9am

11-Jan-2014 8am - 9am

18-Jan-2014 8am - 9am

The cost is \$2 for each practice that you attend to help cover hall hire for this period. Please contact Helen Lee on 0425 211315 for further information.

## Advanced Classes in Tai Chi & Qi Gong

After finishing the 4 term cycle of slow form classes, it is a very good idea to continue practising in a group to avoid developing bad habits in solo training. Sometimes Saturday sessions can be helpful for this. Another alternative is to join an advanced class to further improve your form and to fine tune your training. It is also possible for Qi Gong students to repeat levels of Qi Gong to refresh their understanding and to pick up points they may have missed the first time around.

### AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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