



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

太極

Term 2

Apr to Jun 2014

## New: Introductory Class for Slow Form Tai Chi

The Australian College of Tai Chi and Qi Gong has a new introductory Tai Chi Class which will commence on Monday 28th April 2014 at 8pm at Miranda Community Centre, with a total cost of \$90.00 for 10 weeks.

This class offers a gentle introduction to Slow Form Tai Chi. It is taught in a way which gives beginners a gradual unhurried introduction to the Form and to Tai Chi principles. It will benefit those who may have difficulties because of injury and illness, by using introductory exercises in balance and relaxation. It will also benefit those who may wish to learn the Slow Form Tai Chi at a more gradual pace.

The instructor Diane Gosden was originally a physiotherapist, and is interested in helping beginners to learn basic Tai Chi principles of balance, body awareness and relaxation in order to assist their learning of Tai Chi. Please come to Caringbah Healthcare Centre for registration and pay ahead as soon as possible.



## Tai Chi Principles of Movement and Meditation

The founders of Tai Chi created forms based on martial arts to develop the physical body and also the mind. External exercise helps the skin, muscle and bones to become stronger. Internal exercise strengthens Qi, life essence and the spirit. Together, this promotes optimal health and longevity. The benefit of daily, correct Tai Chi practice is that a person can experience physical and mental agility well into their later years of life.

The idea and practice of Tai Chi and Qi Gong started in different ages with different emphasis. Tai Chi focuses on movement, whereas Qi Gong focuses on meditation. The movements of Tai Chi can be seen by any observer. The movement of Qi with Qi Gong can not be seen with the eyes. Usually a student learns Tai Chi as a first step, and studies Qi Gong somewhat later.

Tai Chi can be developed more deeply when coupled with Qi Gong. And, Qi Gong can be developed more deeply when combined with Tai Chi. It was while exercising and practicing 'mind and heart', that Master Li Li-Qun learned to find calm in the realm of life. 'Dynamic power' and 'Static power' when combined by the practitioner brings both practices to a higher level. The physical practice of Tai Chi makes the physical body, heart and breath steadier, and this helps deepen meditation. The mental practice of Qi Gong provides an inner awareness, and this helps take Tai Chi to a more powerful level. The aim is for the physical body to be calmer and more comfortable, and for the practitioner to experience a less stressful, happier life.

Daily practice of movement and meditation leads to the best experience of Tai Chi and Qi Gong.

## Travel to China, Taiwan Sep 2015

The college is planning a 2 to 3 week trip to Taiwan and China in September 2015. At this stage, we are seeking expressions of interest. Highlights will include first visiting Taiwan then, within China, visiting Confucius Village, Tai Mountain, Taiyuan & Pingyao (very old Asian cities), Longmen Grottoes, Wudang Mountain (the origin area for Tai Chi), and Shanghai. The exact itinerary is yet to be determined.

If you are interested, please register using the form on the college website (News | Next Trip) and please also tell your instructor.

## Regular Saturday Practice

Beginners as well as advanced students are invited to join in group Tai Chi practice every Saturday morning at 8am at Gynea Community Hall. Group sessions are excellent training for beginners to help memory and for advanced students to learn how to relax and follow others.

The College's annual \$50 fee covers the cost of our Saturday morning practice for the whole year. Please see Master Li at the hall or your instructor in class. Thank you to all students who support this group practice.

**AUSTRALIAN COLLEGE OF TAI CHI & QI GONG**

**Caringbah Healthcare Centre. Shop 2/52 President Ave, Caringbah 2229 Tel: 02 9525-8886**

**Sam Li: Mobile – 0413 830 996 Email – samli@taichicollege.com.au**

**College Website: [www.taichicollege.com.au](http://www.taichicollege.com.au)**