



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

太極

Term 3

Jul to Sep 2014



## Qi Gong Classes

Qi Gong teaches methods of learning to sense and control the body's natural energy (Qi/Chi) in order to improve health, prevent disease and as a method of understanding the nature of reality. Its main features include posture, breathing and concentration. The classes are very beneficial in reducing stress and anxiety, improving circulation and energy levels and of enormous help to Tai Chi students of all levels. Please see program for class details

## 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 Confucious 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.



## DVDs, T-Shirts, Pants and Swords

Available now from Caringbah Healthcare Centre.

- \* Tai Chi Slow Form DVD - \$25.00 each
- \* Australian College Of Tai Chi & Qi Gong  
T-shirts, white. \$25.00 each
- \* Black, soft cotton Tai Chi pants. Elastic waist  
and ankles. \$15.00 each
- \* Traditional Tai Chi Sword - \$65.00 each
- \* Tai Chi Sword/Folding/Travel - \$15.00 each.

## 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**

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