



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

太極

Term 1

Jan to Apr 2015



## Merry Christmas and Happy New Year !

Thank you to all Tai Chi and Qi Gong students for your support during 2014. 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 2015. I hope everyone keeps enjoying the benefits of their Tai Chi and Qi Gong practice and I look forward to seeing everyone again in January 2015 ! .... Master Sam Li, College Principal.



## College Christmas Get - Together

**Our last Saturday practice for 2014 will be on Saturday 13<sup>th</sup> Dec 2014.** 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 868 694 or Inn Wei 0403 660 830 if you would like to help with food.

## Regular Saturday Practice

Please note that our last official Saturday practice for 2014 is Saturday December 13th. We will be restarting again in the new year on **Saturday 31<sup>st</sup> January 2015.**

## Annual Fee for 2015

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 2015 and hope that you will continue your Tai Chi and Qi Gong practice over the Christmas holiday period.

## Casual Saturday Practice

This year there will be no organised casual Saturday practice between Christmas and the end of January 2015.

Normal Saturday practice recommences on 31 Jan 2015.

## Travel to China, Taiwan Sep 2015

The college is planning a 21 day trip to Taiwan and China in September 2015.

We are still seeking expressions of interest. Highlights will include first visiting Taiwan then, within China, visiting Confucious Village, Tai Mountain, Taiyuan & Pingyao (very old Asian cities), Yungang Grottoes, Wudang Mountain (the origin area for Tai Chi), and Shanghai.

The itinerary and travel notes have already been sent out. If you need a copy please contact Sam Li by email [samli@taichicollege.com.au](mailto:samli@taichicollege.com.au) or on the office phone number 9525-8886.

A final deposit of \$200 per person must be paid before **10-Feb-2015.**

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

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