

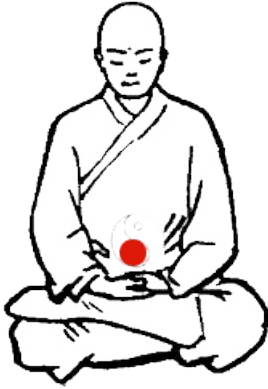


Australian College of Tai Chi & Qi Gong -Newsletter-

太極

Term 3

Jul to Sep 2015



Travel to China, Taiwan Sep 2015

The college has confirmed a 20 day trip to Taiwan and China starting 05th September 2015.

We still have a few spaces available. 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 or on the office phone number 9525-8886. Please ensure that your passport expiry is **after** the trip.

If you would like to travel with us, please contact Sam Li as soon as possible.

Payment details will be emailed at the beginning of July.



About the Dan Tian

"Dan Tian" in English means Elixir Field. There are three Dan Tians in the body:

The Upper Dan Tian: is located in the head. Many Qi Gong practitioners refer to this point as "Niwan" believing the acupuncture point called "Bai Hui" to be its exact location. Some refer to the acupoint "Yintang" which is in the region of the third eye. Remember "Tain" means "field" so the Upper Dan Tian is an *area* in between the third eye and the crown.

The Middle Dan Tian: is located in the area between the two nipples. This area is related to the digestive system which converts food in Qi. Female practitioners are advised to concentrate on the Middle Dan Tian more than the lower. This will help the body and emotions stay more positive.

The Lower Dan Tian: is located in the lower abdominal area below the navel. Concentrating the mind on the Dan Tian in Qi Gong literature usually refers to the Lower Dan Tian, since this area is most closely related to the life activities of the body. Therefore, concentration on the Lower Dan Tian can positively benefit health, helping to prevent and cure disease.

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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