



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

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Term 2

May to Jun 2016

## Qi, Music and Deuter

Moving the qi around the body is similar to playing music. It has a certain rhythm to keep the mind, body, heart, and spirit moving in a state of relaxed awareness. When part of your mind is listening to beautiful music, the mind becomes quiet and it is easier to move the qi inside your body.

One CD I enjoy for its amazing harmonies and meditative slowness is East of the Full Moon by Deuter. The music is so similar to the natural sounds of birds, wind and water and is uplifting as well as relaxing. East as well as West musical forms are combined. The very first time I heard Deuter's music was his CD Buddha Nature some years ago.

An internationally acclaimed musician/composer, Deuter has created music that is at once meditative and inspiring. He plays all the musical instruments that you hear in any of the tracks of his music that is very suitable for Qi Gong. These can include the Shakuhachi flutes, sitars, tablas, santors, chimes, bowls, Tibetan bells, keyboards, guitars, and synthesizers. Another wonderful CD of Deuter's is Koyasan – Reiki Sound Healing. This is wonderful music for practicing Qi Gong at home. Many people have asked about suitable music and I am very happy to share this with you.

Helen Lee

Note: If you would like to contribute an article to our newsletter or website, please contact Sam Li.

## Annual Fee for 2016

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 2016 and hope that you will continue your Tai Chi and Qi Gong practice over the Christmas holiday period.

## Tai Chi Sabre Class

On 2<sup>nd</sup> May 2016, we are starting a new Tai Chi Sabre class at Miranda Community Centre starting at 7:00pm.

Training will focus on the form.

When you have completed a 4 term cycle of slow form, or have completed sword form, then you are ready to learn a new Tai Chi form using the Sabre sword (single broadsword).

Taking the Sabre classes will help you to achieve a greater balance and improved muscular strength. It will also give you a greater understanding of using Tai Chi for self defence.



## Term 2 will only be 9 weeks

Term 2 classes will start during the first week of May, so there will only be 9 weeks of classes for this term.

## Regular Saturday Practice

Attending our regular Saturday practice of Tai Chi and Qi Gong will help you to improve your health. Externally you will improve your balance and muscular strength, and internally you will improve your circulation and flow of Qi.

Saturday practice continues for the whole of 2016.

All are encouraged to join in and enjoy our group practice.

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

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