



The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極
Term 2
April - July 2009



Qi Gong For Beginners – Starting In Term 2

Qi Gong (chi kung) classes for beginners teach the history and foundational theory of Qi Gong. Exercise methods include posture, breathing and concentration to relax the body and improve Qi and blood circulation. Classes include theory and discussion as well as practise in various basic Qi Gong techniques, practised both in class and at home as 'homework'. See program on rear for class details.

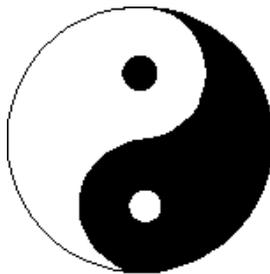
Tai Chi Classes For Beginners 2009.

The Australian College Of Tai Chi & Qi Gong teaches traditional Wu Jian Quan style Tai Chi. This is a long form (108 movements) which is taught over 4 x 10 week terms. Each week in a one hour lesson several movements are taught and practised, with the student practising as much as possible at home during the week and with the group on Saturdays. It is important for beginners to practise as much as possible in order to create a daily habit of training as well as to develop memory and fluidity. The form is slowly added to and completed in level 3. Level 4 is for students who have finished the form but are now to work on corrections, accuracy and plenty of intense practise. Classes cost \$80 per 10 week term. Program details on back page or via the college website www.taichicollege.com.au. To register your interest please call Master Sam Li during business hours on 9525 8886.



Membership Fee & Saturday Practise

Saturday practise runs all year at Gynea Community Hall and is a casual practise with no instruction designed for students of all levels to get the chance to practise together. A \$40 annual membership fee covers the cost of weekly practise for one year.



China Travel – Silk Road Trip Deposits Due.

It is not too late to join the College's next trip to China departing September 2009. If you are interested in travelling the Silk Road, please contact College Principal, Sam Li either via phone on 9525 8886 or via [email..samlitaichi@optusnet.com.au](mailto:samlitaichi@optusnet.com.au). For all who have already registered interest in the trip, please note that a \$200 deposit is required per person by the end of April to secure your place.



Daily Tai Chi & Qi Gong Practise.

The benefits of daily exercise are now well known in everyday society. Sometimes though, a busy lifestyle makes it difficult to find time to fit everything in. Our health should be our top priority and making exercise part of our daily routine can improve overall fitness, promote weight loss, reduce stress and give a sense of general wellbeing. Tai Chi and Qi Gong in particular are exercises that take time to learn and to generate increased energy levels. The effects are cumulative and over time, the body becomes stronger with increased energy. The key is to include a little practise everyday and make exercise part of your everyday life!!

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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