



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

太極
Term 3
July - Sept 2009



Health Retreat – 21st-23rd May 2010.

Come and enjoy a weekend of Tai Chi & Qi Gong practise in the beautiful natural environment of Stanwell Tops. Plenty of opportunities to practise both Tai Chi and Qi Gong and improve understanding with workshops and lessons. Please register interest with Master Sam Li on 9525 8886 or via the College website: www.taichicollege.com.au

Location: Stanwell Tops Conference Centre

Date: Friday 21st May 7pm – Sunday 23rd May 2pm.

Cost: \$250.00 per person, includes all meals, accommodation and workshops.

China Travel – Silk Road Trip 11th – 29th September 2009.

The Australian College Of Tai Chi & Qi Gong organises trips to China every other year. This year, Master Sam Li is taking a group to China to travel the ancient Silk Road. If you are interested in visiting China on future trips please contact Master Li on 9525 8886 or via the website. Happy and safe travels to all for this year's trip, don't forget to take photographs for display on the website!



Qi Gong In Term 3

Level 2 and Level 3 Qi Gong classes start on Wednesday evening 29th July at Caringbah Healthcare Centre. These classes continue on from Level One and are also open to repeat students wanting to refresh. Please note there is no Level One class until Term 4. Class times, locations and costs on rear.

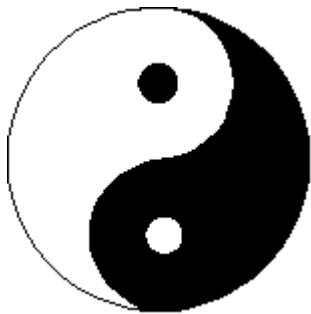
Membership Fee & Saturday Practise

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.



Tai Chi & Qi Gong Practise in Winter.

Winter is a time for storing energy, ready for the new cycle starting with Spring. Tai Chi and Qi Gong exercises build and stimulate Qi to improve health. These exercises have been proven to improve immune system function and so can be helpful in avoiding the influenza virus and assisting in more rapid recovery in the case of illness. Tai Chi & Qi Gong also have the benefit of warming the body and can be done indoors when the weather is too cold or damp for outdoor exercise. Beginner classes in Tai Chi start in Term 3 at Miranda Community Centre on Monday nights starting July 27th at 7pm. Please note there is no beginners Qi Gong class until Term 4. To register for any classes please contact Master Li during business hours on 9525 8886.



AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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College Website: www.taichicollege.com.au