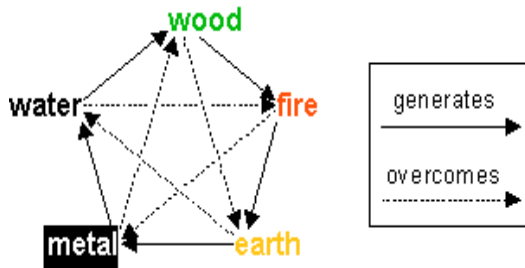




The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極
Term 2
April-June 2010



Tai Chi, Qi Gong Health Retreat. 21-23 May 2010

Come and enjoy a weekend of Tai Chi & Qi Gong practise in the beautiful natural environment of Stanwell Tops. This year's retreat will focus on Chinese Medicine theory, in particular the channel or meridian system. Greater understanding of the fundamentals of Chinese Medicine is central to helping self diagnosis, treatment and prevention of disease. There will be plenty of opportunities to practise both Tai Chi and Qi Gong and improve understanding with workshops and lessons. Please register interest and make deposit 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, inc. all meals, accommodation and workshops.

The Five Elements.

New Cronulla Hall Location.

Our Cronulla class have moved to the newly completed Community facilities which include the new library in the Plaza. Entry is via the plaza itself or Croydon street (corner of the Kingsway). There is also access directly from the multi-level carpark in Croydon Street. Please note our classes will be held in hall # 2. Please see program on rear for class details.

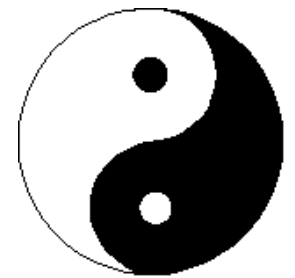
Happy Easter Holiday!
from Master Sam Li

Qi Gong Level 4 Practise Class.

A new format Qi Gong practise class is starting in Term 2 at Caringbah Healthcare Centre. This class is for students who have completed levels 1-3 in Qi Gong and would like to go over prior lessons, ask questions and have the opportunity to practise higher levels of Qi Gong once again with Master Sam Li. This class is only \$80.00 per 10 week term and all students are invited to join in and refresh on past lessons. Please contact Master Li to register interest for this class.

Advanced Classes On Offer For Term 2.

Level 4 and advanced classes are very beneficial to students who have completed their forms but would now like to concentrate on correction, accuracy and practise. Repeating classes is highly recommended, likewise learning new forms which round-out understanding of Tai Chi in general. Many students choose to do level 4 classes indefinitely and continue to improve their form. Term 4 offers classes in advanced slow and fast forms, as well as pushing hands, sabre and spear. Also, for the first time, a Qi Gong Level 4 practise class is available. Some classes will require previous knowledge, e.g sabre. Please see program on rear for details.



AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

Caringbah Healthcare Centre, Shop 2/52 President Ave, Caringbah 2229 Tel: 9525 8886

Sam Li: Mobile – 0413 830 996 email – samlitaichi@optusnet.com.au

College Website: www.taichicollege.com.au