



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

太極
Term 4
Oct-Dec 2010



Travel To China & Japan 2011!

Interested in joining an Australian College Of Tai Chi & Qi Gong trip to China & Japan? The trip will start on March 31st 2011 with 8 days in Japan, visiting cities such as Tokyo, Kyoto and Osaka and a trip to Mount Fuji, in time to enjoy the cherry blossom festivals. Following this is a 9 day tour of China, visiting Shanghai, Suzhou, Hangzhou, Wuxi, Nanjing and China's famous Yellow Mountain (Huangshan). If you are interested in joining us, please register your interest with Master Sam Li either via the website or call during business hours on 9525 8886. Once we have an idea of numbers we will be able to give an accurate quote on costs, which will include all flights, transfers, meals and accommodation.

Daytime Beginner's Class For Tai Chi Slow Form In Term 4.

The majority of the college's classes are evening sessions. However, Wednesday mornings at Gymea, there are a few classes available for people who prefer daytime classes. A mixed Tai Chi and Qi Gong class is available as well as a beginner's class. All classes run for a 10 week term, one class per week with students encouraged to attend Saturday casual practise, also at Gymea Community Hall. Please refer to the program for term 4 for class times, costs and addresses. Register via the website or contact Master Sam Li on 9525 8886 during business hours.



Saturday Practise Sessions.

Learning to practise in a large, casual group is very beneficial to students of all levels. Beginners can mix in with advanced students to follow along and improve their memory of the form. More advanced students can continue to correct and fine tune their form as well as learn how to adjust their timing to match the whole. Practise starts at 8am at Gymea Community Hall every week and costs \$40 for the year. Please see address details on the class program.

Qi Gong Classes.

Qi Gong (pro. Chi Kung) classes teach the theory and practise of controlling the body's energy system to improve health. Level one classes teach the fundamentals of Qi Gong and basic exercises to learn to sense and eventually control the circulation of Qi. From this foundation further techniques are added in order to design a health program to suit individual health situations. People interested in reducing stress often find quicker results with Qi Gong than Tai Chi because one or two simple techniques can start to gain immediate benefit. Tai Chi is already famous for its health benefits but takes longer to learn the movements. Both are very powerful methods of improving health, it is simply a matter of choosing the right one to suit the individual. Many people are attracted to Tai Chi classes to enjoy the physical exercise as well as relaxation. Qi Gong classes are also encouraged to current students of Tai Chi to deepen understanding the body's energy system. Please see program for class details.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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