



Australian College of Tai Chi & Qi Gong Inc. -Newsletter-

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Term 3
Jul to Sep 2018

Building the body's energy over the winter months

Over the cold winter months we can use our body's natural health to help fight off disease and build up strength for the coming Spring and Summer. We lose Yin naturally as we age, so how do we build this up?

Moderation in all things appears to be very, very important. Respect the body and its energy levels, and rest when you need it. All relaxation exercises foster Yin and help us recharge and rebuild. This naturally includes Tai Chi and Qi Gong but also walking, reading a book and relaxing with friends give us time and space to rejuvenate.

Take time to hibernate and spend time with friends and family. Winter is the season for the kidneys, so calm the mind and try more herbal teas and less caffeine. Warm foods that include sweet potatoes, potatoes, lemons, black beans, kidney beans, fish, oysters, duck and eggs could be beneficial for building up Yin.

Kidney system step-back, which we practice after Tai Chi on Saturday mornings is a more immediate help to the body. Keeping the kidneys warm, having a warm foot bath before bed, and circulating Qi through the kidneys will help you store energy over winter then spring forward next season.

After practising Qi Gong, rub (dry wash) your hands, face, back and feet. This keeps the kidney Yang Qi racing.



Travel to Vietnam, Cambodia, and Laos Sep 2018

We are in the final stages for your trip and detailed notes have been emailed to all participants. Please check your email, and if the notes have not been received then contact Sam Li as soon as possible.

A few positions are still available for the 3 week trip to Asia starting mid September 2018. Please see the college website News | Next Trip for more details.

If you are interested, please contact Sam Li directly as soon as possible.

All Tai Chi classes are now at Gymea

All Tai Chi classes, from now on, will take place at the Gymea Community Center. All Qi Gong Classes continue to take place at Caringbah Healthcare Centre.

Clarification of College Fees

There are 3 types of college fee:

1. **Annual membership fee** of \$10, due once per calendar year for everyone.

New students who did not enroll in Term 1 will still need to pay this fee, as registration covers insurance for both teachers and students.

2. **Annual Saturday Practice fee** of \$50, due once per calendar year for students attending group practice on one or more Saturdays in a calendar year.

3. **Class attendance fees**, charged per Class per Term.

Regular Saturday Practice

Beginners as well as advanced students are invited to join in group Tai Chi practice every Saturday morning at 8am at Gymea Community Hall. Group sessions are excellent training for beginners to help memory and for advanced students to learn how to relax and follow others. Thank you to all students who support this group practice.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG INC.

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