



Australian College of Tai Chi & Qi Gong Inc.

-Newsletter-

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Term 4

Oct to Dec 2018

The season of spring, health and your Tai Chi practice

Spring is the season for getting going after winter. In Traditional Chinese medicine thinking, spring is the season of wind, both in the environment and in our bodies. Similarly we are used to thinking of August as the windy month in Sydney with the cold drying westerly winds.

The weather is unpredictable, cold one day then very warm the next. Many viruses have been circulating and it's a good idea to keep warm and look after your body. Be careful not to get chilled as this reduces your immunity to disease. Layers are the way to go in this weather. Asthma can be a problem in spring with pollen circulating in the air. Keep the back of the neck warm with a scarf or collar.

Spring is the time to nurture yang, our action principle. Appetite eases as the body shakes off the need to store energy as it did in the colder months. It's a good time to eat young green sprouting vegetables and salads. You will feel like eating less and doing more. Eat less of the warming meat casseroles and heavy rich foods.

The liver is sensitive in the windy season, and eating oats, pine nuts, ginger, celery, strawberries, soybean, sesame seed and chamomile may be beneficial. Small amounts of 'sour' food such as lemons, limes, pickles can be helpful for the liver, but not to excess. Honey in mint tea, as well as ginger tea is wonderful in spring.

It's always good to see people coming back to 8am Saturday Tai Chi practice at the Gynea Community Hall! You are very welcome and will find the inclusive group of people who are also interested in keeping their health.

You may be interested in building up your activity and strength by doing one of our Tai Chi courses starting Monday 15th October. Classes include Slow Form on Tuesday night and Wednesday morning. Qi Gong classes are held on Wednesday nights, and Pushing Hands on Thursday nights. For full details see the link to Term 4 classes available on the Tai Chi College's website.

Special Tai Chi Level 4 class for Term 4

For Term 4 this year we have organised a Tai Chi Level 4 class. All students are welcome to join this class. The focus will be on correct breathing during slow form. Students will learn how the breathing (internal) and the outer form (external) work together.

Special Qi Gong Level 4 class for Term 4

For Term 4 this year, we are also organising a Level 4 Qi Gong class. All students who have completed either Qi Gong Level 2 or Qi Gong Level 3 are welcome to join this class. Students who have completed Qi Gong Level 4 are also welcome to join this class for a review. The focus for this class will be on opening the mental function (spiritual body).



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 Gynea 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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