



Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 2

May to Jul 2019

Health during Autumn

Autumn in Sydney signals the change from very hot humid days of summer and 20C nights!

After the carefree attitudes of summer and trying to keep cool, finally the temperatures are becoming more pleasant by the day. But as the weather changes we need to take greater care with our health. In Traditional Chinese Medicine autumn is associated with metal and the lungs. This season encourages organisation, setting limits and protecting boundaries.

It's a good idea to finish up any projects started in spring and summer and start more introspective projects that can help us learn and grow. The lungs help us to 'let go' of anything we may be holding onto to make room for new experiences. The partner of the lungs in TCM is the large intestine, working together to keep the body in balance.

Breathe deeply. Walk outside and breathe the crisp autumn air deeply into your lungs. A few times a day, breathe fresh air in more deeply.

Walk outside. Connect with the changing face of nature in this beautiful time of the year. Walking will strengthen the lungs and help you connect to the earth.

Wear a scarf. Autumn is associated with windy weather, and keeping your neck warm is simple with a scarf.

Beneficial foods: Longer cooking times and heartier foods are the staple of autumn, like soups and casseroles. Warmer drinks like green or herbal teas are also beneficial.

The metal element represents our sense of self-worth, so this is the season to slow down and give ourselves extra attention. Be happy with what you have achieved and know you have everything you need. Nurture yourself and enjoy the autumn.

2019 Fees

From Term One 2019 class fees will be raised by \$10 each term. This means that Slow Form will go from \$90 to \$100, and Qi Gong from \$160 to \$170. The College existed on the slimmest of margins in 2018, and we need to do this to continue all of our payments. Saturday practice fees for all of 2019 in the Gymea Hall will increase to \$60.

The annual membership fee of \$10 will remain the same, and will be payable in Term 1, 2019 or at the start of your first term of classes or practice.



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

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