



Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 4

Oct to Dec 2019

Health during Spring

According to the Ancient Calendar, Spring is the beginning of another cycle. It is considered the first season of the year and brings with it a sense of renewal and creativity. It's about birth, youth and inspiration and its energy is rapid and upwards. As the days get longer and warmer, we begin to feel lighter - physically and emotionally. Spring is a time when everything lightens up.

During warmer weather, open your windows and let the sunshine in while you spring clean, declutter, and organize your home.

If winter is too cold and summer is too hot, spring is just right for outdoor exercise, which according to a study published in the journal Environmental Science, can actually improve your mental and physical well-being better than an indoor sweat session. It is suggested that you take part in some Tai Chi and Qi Gong activities.

According to traditional Chinese medicine, spring is the time for us to reach outward, develop deeper roots and remain flexible in the wind. In the body, that means paying attention to your spine, limbs and joints, as well as muscles, ligaments and tendons. It also means paying attention to your liver, which works to detoxify the blood and make bile to help metabolize carbohydrates, fats and proteins. The liver and gall bladder are most sensitive now, so naturally it feels like a time to cleanse.

Tai Chi Sword Beginners Class for Term 4

For Term 4 this year, we have organised a Tai Chi Sword Beginners Class. All students are welcome to join this class. The focus will be Sword Beginning form. Students will learn how the breathing (internal) and the outer Sword form (external) work together. Please sign in and join the class by using the college website.

Nordic Europe 14 Day Tour

The college is planning a 2 week trip to Denmark, Norway, Sweden, Finland and Tallinn (Estonia) in mid-August to beginning of September 2020. At this stage, we are seeking expressions of interest.

The draft itinerary and pricing will be sent out by email during Jan or Feb 2020. If you are interested, please register using the form on the college website (News | Next Trip) and please also mention how many people are interested.



Special Qi Gong Level 3 class for Term 4

For Term 4 this year, we have organised a Level 3 Qi Gong class. All students who have completed either Qi Gong Level 1 or Level 2 are welcome. Students who have completed Qi Gong Level 3 are also welcome to join this class for a review. The focus for this class will be on Qi Gong healing. If you are interested, please use the college website to sign in and join this class.

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

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