



Australian College of Tai Chi and Qi Gong Inc.

Exercise for Body, Mind and Spirit!

■ Shop 2/52 President Avenue Caringbah NSW 2229

■ Phone: 61 2 9525 8886

In response to the **Global epidemic of COVID-19**, we now need to follow these guidelines:

- If you have any of the key symptoms of COVID-19, you may not participate in this class. This includes any of these:
 - fever
 - coughing
 - a sore throat
 - fatigue, and
 - shortness of breath.

Please tell your instructor and go home to self-isolate. Also it is recommended that you request a COVID-19 test from your GP.

- If you or any of your close contacts have experienced any of these symptoms or been near anyone that has been diagnosed positive for COVID-19, or if you have travelled to a COVID-19 hotspot in the past 14 days you must not participate in this activity.
- Before class please use hand sanitiser, or wash your hands for 2 minutes with soap in the bathrooms.
- Please maintain your distance of 1 person every 4 square metres while you are in the Gynea Community Hall.
- Outside please maintain a distance of 1.5m from all others.
- If social distancing guide marks are present on the floor please comply with these at all times.
- Highlighted passage ways **MUST** remain clear at all times as shown on the map. They are there to comply with both "Emergency exit access" and safe movement around the hall and to other facilities.
- We strongly recommend that you install the Covid 19 app from the Australian Government on your phone to facilitate the virus tracking and please have your bluetooth connected.

The Tai Chi College has decided to restart classes Tuesday 21st July 2020 with a reduced number of classes, then increasing the classes in Term 4. Saturday practice will continue from 25th July 2020.

Schedule Term 3 2020

Pushing hands/sword class	Tuesday 21 st July 7-8pm	Gymea Community Hall	10 week term	\$120
Combined Tai Chi and Qi Gong	Wednesday 22 nd July 9-10am	Gymea Community Hall	10 week term	\$120
Advanced Class	Thursday 23 rd July 7-8pm	Gymea Community Hall	10 week term	\$120
Practice for everyone	Saturday 25 th July 8-9am	Gymea Community Hall	continuous	\$60 (if not paid in Term1)

To put your name down or pay enrolment fees any of these classes, please go to our website www.taichicollege.com.au and follow the links to enrol. At this time, the preferred payment method is bank transfer, please follow the instructions online to complete a payment for your class. It is important to include your name in the reference to the College.

Building your immune System

With the shocking arrival of the global COVID-19 pandemic, many people are expressing the wish that 2020 would be a year best forgotten. But everyone agrees that we are lucky to be living in Australia, where lockdown was instigated early enough to keep strong control of the situation. We are also lucky in that we have access had the Tai Chi and Qi Gong practices from Sam Li.

All of these practices build muscle strength, flexibility, balance and to some extent aerobic conditioning. Tai Chi is also known to reduce stress and anxiety. By increasing the flow of Qi around the organs of the body, Tai Chi and Qi Gong can help improve the immune system. Let's stop feeling overwhelmed by the consistently bad news and start doing something positive for ourselves, like practicing Tai Chi again!