

**AUSTRALIAN ACADEMY OF TAI CHI & QIGONG**  
**Queensland Newsletter – Easter 2010**



Happy Easter to you and your families – as we rush headlong towards Term 2 already!

**Term 2** starts the week of **April 19th** - time for you to join a class and do something positive for your health. The schedule is on the web, so you can check out venues and times for all classes. Also, check for your favourite Active & Healthy park lesson – and spend some time relaxing outdoors – it really is a perfect time of year!



We have just returned from our very successful '**3<sup>rd</sup> Annual Straddie Wreckreation Weekend**', held on the weekend of Fri 19<sup>th</sup> Mar to Sun 21<sup>st</sup> Mar, 2010 at Anchorage Resort. 53 people set sail for Dunwich under sunny skies, and with fingers crossed that the cyclone would stay in North Qld, we were rewarded with mostly great weather and a spectacular sunrise for Tai Chi on the beach. Check out the great photos on the website.



Please join us – and bring your family and friends – for the special **FREE World Tai Chi & Qigong Day event** in New Farm Park on **Saturday April 24<sup>th</sup>**:

NEW FARM PARK - Brunswick Street - on riverbank near ferry - 8.00am - 9.30am

Details: . **FREE lesson** including demonstrations and Chinese tea

. **bring a plate** to share if you want to stay for a picnic breakfast afterwards

*Beginning in New Zealand, this event will spread time zone by time zone across the globe through 60 countries across 6 continents. . . . This healing wave will not only create many spectacular events, but also promote calm and wellness worldwide. Mass Tai Chi and Qigong Exhibitions will be held in public places, to educate the world about the benefits of the Traditional-Chinese-Medicine exercises of Tai Chi and Qigong (Chi Kung).*

*Tai Chi and Qigong are used in hospitals, business, prisons, schools, and other institutions. Tai Chi and Qigong have been shown in research to reduce anxiety, depression and chronic pain conditions. Regular practice boosts the immune system, improves respiratory function, burns calories, dramatically improves balance, provides cardiovascular benefits, provides powerful stress management tools, and slows aspects of the aging process.*

To read more about World Tai Chi Day, and to look at vision from other International Events visit Bill Douglas's [www.WorldTaiChiDay.org](http://www.WorldTaiChiDay.org)

Other AATC – Qld World Tai Chi day lessons:-

Botanical Gardens Hinkler Ave Bundaberg 10am	Gold Coast Rosser Park / Botanic Gardens, Benowa 10 to 11am	Rockhampton Botanical Gardens 9 am
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**Chinese Year of the Tiger:** According to the Chinese Zodiac, the Year of 2010 is the Year of a Golden Tiger, which begins on February 14, 2010 and ends on February 2, 2011. The Tiger is the third sign in the cycle of the Chinese Zodiac, which consists of 12 animal signs. It is a sign of courage. This fearless and fiery fighter is revered by the ancient Chinese as the sign that wards off the three main disasters of a household: fire, thieves and ghosts. On New Year's Day itself, it is beneficial to celebrate, to be happy, to have smiling faces, and to refrain from scowling, quarrelling, or criticizing anyone.

The Tiger is courageous, active, and self-assured, optimistic, passionate and independent; rebellious, dynamic, and unpredictable, quick tempered but considerate, affectionate but careless. The Tiger is a natural born leader and symbolizes power, passion and daring.

Instructor Training for **Volunteer Falls Prevention Teachers**: Would you like to be a part of a team of people who will volunteer to go out to nursing homes, retirement villages and community organisations to teach Tai Chi Qigong for Falls Prevention, Healthy Aging and good health?? The Academy is looking for students to train in this field, to help older people regain their good health, balance and wellbeing. You will be trained in how to teach and how to break down each movement. You will also receive a curriculum and a certificate to teach in this particular setting.

This is a wonderful opportunity to give something to the community and help people to improve their quality of life. This is very rewarding, and research has shown that compassion and altruistic behaviour has a profound effect on a person's sense of wellbeing, immune system function and general health. And, did you know that when you start to teach others, an extra bonus is that you begin to understand and improve your OWN Tai Chi too! The Academy will cover your training, insurance & public liability. In return, as a volunteer, you will conduct applied Tai Chi sessions in the area you will be trained in, as part of the Academy. You may also choose to continue your training to become a professional Tai Chi Instructor.

For all instructor training enquiries, contact Rod Ferguson in writing  
. by email [rod@livingchi.com.au](mailto:rod@livingchi.com.au)  
. by post PO Box 2475, Fortitude Valley 4006

### **China Tour – Shaolin & Wudang – April 2011**

Have you been dreaming of travelling to China on a popular Academy tour with Grandmaster Khor? Come along next year and be a part of this special tour, which includes training at the Shaolin Temple & Wudang Mountain. As well as these special events, think of all the wonderful sightseeing and the camaraderie and Tai Chi practice along the way – not to mention the daily banquets! This tour is filling fast, so don't delay – send your deposit in now!

Can't join us at this time – check out the other China & India Tours listed on the Academy website.

Are you looking for a greater depth in your Tai Chi and Qigong practice – there is a way to immerse yourself by attending the **Annual Seminars** in Sydney (September 17 to 19) or Brisbane (October 29 to 31). More information will be posted on the website as it becomes available.

I invite you to **visit** our updated website and please **participate in the survey** to help us improve the website content. While you are there, please have a look around; read some articles, visit the Straddle page, check class schedules, print a movement list etc. Check out "How to get the most out of your class" on the Articles & Downloads page. Your clicking will help to **improve our web ranking**. You can actually help the Academy to get a better ranking - that is to pop up on screen more often - if you visit the website regularly. Why not even **write your own review** (go to Google maps and type in 'Australian Academy of Tai Chi Fortitude Valley')

**So much research finds that we need to reduce mental stress and physical inactivity each and every day.** What better way to exercise than to include mindful meditation and stress relief along with the physical movement of our body – Tai Chi fills the bill.

