

# AUSTRALIAN ACADEMY OF TAI CHI & QIGONG

Queensland Newsletter – October 2009

## QUEENSLAND AATC 25<sup>th</sup> ANNIVERSARY 1984-2009

Greetings to all at the start of Term 4 – and the countdown to Christmas already!  
As the years roll by, they seem to get so much shorter.



The NSW Annual Seminar in Sydney in September with Grandmaster Khor was a great success, with much positive feedback. Many people commented that it was the best seminar! Keeping the topics simple meant that we could really explore the underlying principles that guide our Tai Chi and Qigong practice. There is so much more to this art than just getting the external form to look good. There is a lifetime of practice available where we can focus on the different aspects that make Tai Chi such a



great bonus for our health and well-being.

We are very lucky that we will have both Grandmaster Khor and Master Rod to present a similar seminar in Brisbane for our 33<sup>rd</sup> Fan-tastic Annual Seminar at New Farm from Nov 6<sup>th</sup> to 8<sup>th</sup>. **Don't miss this chance** to hear more about the basics – all the underlying principles – all the things that can make your practice so much better! No matter if you are just starting on your Tai Chi journey, or are a long-term 'traveller', there is so much to be gained by hearing the essentials from the 'experts' - *'One word from the master can save 10 years of study'*.

Note that you can attend **separate sessions** if you cannot do the whole weekend. **The Early-bird booking discount date has been extended for another week (to Oct 24<sup>th</sup>)**, so act quickly to secure your place.



Rod has the opportunity to co-write a paper with Matthew Komelski (PHD candidate from the USA). To do this, we need as many of you as possible to complete the online survey. Instructors, please encourage all your students to fill in the survey ([www.livingchi.com.au](http://www.livingchi.com.au) ~ **News & Events ~ Online Research Survey**) – only about 15 minutes to do. If you know of any of your classmates or friends who don't have web access, you can print out the attached survey form, and when completed, mail it to Rod for inclusion in the survey. (PO Box 2475, Fortitude Valley 4006, Qld)

We have the dates confirmed for next year's '**3<sup>rd</sup> Annual Straddie Weekend**'. It will be on the weekend of Fri 19<sup>th</sup> March to Sun 21<sup>st</sup> March, 2010. Stay tuned for more details in the coming months, and we will let you know when it is time for you to send your deposits in. Both the previous events were great fun, and everyone attending had a superb weekend of camaraderie and Tai Chi practice in a very relaxing and beautiful place!

Our final term for 2009 has started, so there is **still time to join a class!** Please also let everyone know about this – especially those who have been meaning to do something positive for their health. The schedule is on the web, so you can check out venues and times for all classes.

We are currently conducting a 13-week **Falls Prevention Tai Chi program** for Brisbane City Council "GOLD" program, in partnership with Qld Health and Stafford Community Development Group. This has provided an opportunity for Qld Health to research on how to involve the community in an ongoing program. This special FREE class runs **until Nov 12<sup>th</sup>**, so if you know of anyone over 50 who is interested in improving their balance and stability through an applied Tai Chi program developed by Tai Chi Master Rod Ferguson, please pass on the details: – Gibson Park, Stafford off Stafford Rd (near Stafford City), 9.30am-10.30am Thursdays.

There is also a class at Dorrington for Healthy Ageing, and includes a focus on Falls Prevention, every Thursday at 1.30pm to 2.30pm at St Michaels Catholic Hall at 250 Banks Street, for \$5 - Rod extends a welcome to all to join any time.

Following on from the 'Train the Trainer' weekend at Charleville for Queensland Health earlier in the year, there have been great successes in South-West Qld with the popularity of their "Falls Prevention" programs. Many older residents have signed up for the applied Tai Chi for Falls Prevention classes, and we are looking forward to reading the reviews of the project in the near future.

Active & Healthy classes (Brisbane City Council & Gold Coast City Council) are continuing, with a new round starting now in Brisbane. There are some limited-time free classes, and of course, the ongoing \$5 classes that run for most of the year. There is also a new class at Ipswich (\$5) at Queens Park on Fridays at 6.30am. Next year, there will be classes at two new Southside locations – Oxley & Yeronga. Stay tuned for details. Don't forget that these one-hour classes are a great chance to practice, relax, socialise and enjoy being outdoors in our great parks – check the website ([www.livingchi.com.au](http://www.livingchi.com.au)) for details of times and locations. Come along and bring friends, it is a great time of year to be outdoors:-

- free Brisbane classes: Toowong, Mitchelton, City Botanic Gardens, Kelvin Grove
- \$5 Brisbane classes: Chermside West, Kenmore, 17 Mile Rocks, New Farm and Red Hill
- free Gold Coast classes: Burleigh Heads, Benowa, Labrador and Pacific Pines

Grandmaster Khor has just released three new music CDs (\$25 each): Ocean Waves, Valley Echoes, and Reflections – why not add one (or more) to your collection! They would make a great Christmas gift – perfect background music to relax to, not just for Tai Chi practice. Don't forget to make it a habit to check the website [www.livingchi.com.au](http://www.livingchi.com.au) regularly for coming events, new schedules, movement lists, information sheets, photos of recent events etc etc. Many learning aids and garments etc are available through the Tai Chi office (ph 3358 1955 to pay by credit card) or your instructors. Books, VCDs, DVDs, music CDs, videos etc will help you with your own Tai Chi practice. Check the website for the current price list. There are also snippets of the various DVDs to watch.

It is up to **each one of us to look after our own well-being**, and find 30 minutes to move our body each day! What better way to exercise than to include mindful meditation and stress relief along with the physical movement of our body.

**Remember:- If motion is lotion, no matter how it's applied, the important thing is to just keep moving!!!**

**In the News** - A Nobel Medical Prize was awarded to Dr Elizabeth Blackburn for discovering the mechanisms (an enzyme telomerase) involved in psychological stress damage to chromosomes, affecting cell regeneration (mutation) and aging.

Professor Blackburn has already made history for changing the way scientists think about ageing and disease with her groundbreaking work on cells.

She's been a professor of biology at the University of California in San Francisco since 1990. Her work is now focusing on the effect psychological stress has on cell regeneration. "We're really interested in that aspect, because chronic stress affects so many people" said Blackburn.

Dennis H. Novack, who studies the link between emotions and health at Drexel University School of Medicine, agreed. "Everybody's trying to figure out what causes aging and premature aging. We all know that stress seems to age people -- just look at the aging of our presidents after four years," he said. The new study "demonstrated that there is **no such thing as a separation of mind and body** -- the very molecules in our bodies are responsive to our psychological environment."

"There is this deeply held belief that stress leads to premature aging. But there is no hard evidence for how this might happen," said Elissa Epel, a psychiatrist at the University of California, San Francisco (UCSF), who helped conduct the research. "This is the first time that psychological stress has been linked to a cellular indicator of aging in healthy people."

If someone appears headed for trouble, doctors could recommend meditation, Yoga or other stress-reduction techniques, she said.

"The findings emphasize the **importance of managing life stress**, to take it seriously if one feels stressed, to give your body a break, and make life changes that promote well-being," Epel said.

This emphasizes and validates what Grandmaster Khor has expressed from the very beginning "**Tai Chi is for relaxation, health and longevity**", and now we have scientific proof!

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***Celebrating 25 years in Queensland!***