



**Australian Academy
of Tai Chi & Qigong**

**Feng Shui Academy
of China**



NEWSLETTER

Website : www.livingchi.com.au

Summer 2010



AATC website and Google map listing. We are now on Google maps showing where our "Tai Chi Sydney office" is (link on AATC website "Contact us" page). I invite you to visit our updated website. While you are there, please have a look around; read some articles, visit Sydney Seminar page, class schedules etc. Your clicking will help to improve our web ranking. Check out "How to get the most out of your class" on the *Articles & Downloads page*. 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. Please participate in the survey to help us improve the website content. Why not even write your own review (Google maps page)?

**NEW TERM Starts
19th April 2010**

**New research recommends Dynamic Stretching - stretch while moving.
TAI CHI = Moving Meditation = Moving Medication = Energy Healing**

Instructor Training for Falls Prevention Teachers

Would you like to be a part of a team of people who will go out to nursing homes and retirement villages to teach Tai Chi Qigong for Falls Prevention 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. This is a wonderful opportunity to give something to the community and help people to improve their quality of life. **To apply, please ring 9797 9355 or 6949 2543 or 0418 603 657**



SENIOR'S WEEK The AUSTRALIAN ACADEMY OF TAI CHI was honoured in being asked to participate once more, in what was a full week of diverse activities for the over 55's. The Academy held Park Lessons at Victoria Park in Sydney, Newcastle, Central Coast, Wollongong, Regional NSW.

Grandmaster Khor with instructors Monika, John Wong, Jacque Always and students showcased our Tai Chi and Shibashi skills at the Canada Bay Club in celebration of Senior Week. Tai Chi & qigong classes were conducted by Margaret Dean, Joan wright and Fay Dawson in Wollongong. Ken Pearsall, Barbara and instructors presented many demos in Newcastle. We thank all instructors and students for their participation.

As the aged population (over 65's) is expected to double over the next 20 years and with it a further drain on the health system and its resources, Tai Chi is fast becoming the favoured tool of health practitioners and allied professionals in the prevention of falls. Many seniors are talking of 'balance classes' and constantly advised by medical professionals to join a Tai Chi group. The AATC is fully equipped to provide professionally researched program classes for Falls Prevention, Diabetes and Arthritis. For the last 10 years the Academy has been conducting classes and park lessons for seniors in retirement villages, hospitals, clubs etc. On Senior's Week, we even offer opportunities to talk Tai Chi on one on one basis at shopping mall information stalls.

**AUST. ACADEMY OF TAI CHI P.O.Box 1020, Burwood Nth, NSW 2134
Tel/Fax : (02) 9797 9355 Email : aatc@optushome.com.au Website : www.livingchi.com.au**

		<h2 style="text-align: center;">TAI CHI EXPERTS</h2> <p style="text-align: center;"> Australian Academy of Tai Chi P.O.Box 1020, Burwood Nth, NSW 2134 Tel : 02- 9797 9355 Email : aatc@optusnet.com.au Website : www.livingchi.com.au </p>
COURSE & CLASS	Shibashi , Tai Chi, Sword, Fan, Flute, Pole, Lotus, Lohan Qigong, Wild Goose, Tao Yin, Wushu.	
SPECIAL COURSE	Falls Prevention, Diabetes, Arthritis	
STUDENT AIDS	DVD's, Music CDs, Books, Charts, Weapons, Apparel,	
WORKSHOPS	Workshops on Tai Chi/Qigong by Grandmaster Khor Sydney, Newcastle, Central Coast, Wollongong	
CONFERENCE <i>Shaolin & Wudang</i>	SYDNEY WEEKEND RETREAT 17th—19th Sept Taoist & Shaolin techniques for cultivating health & longevity. <i>Head balancing Tai Chi . Body embracing 8 Trigrams, and Legs straddling the Five Elements. Book Now \$50 deposit.</i>	
CHINA TOURS with Grandmaster Khor plus Training	SILK ROAD TOUR 2nd - 15th Oct 2010 \$4999 Camel ride on giant sand dunes, Travel the Silk Road of Marco Polo, trail of Genghis Khan, Journey of Monk Tripataka and Monkey King. Grand Canyon of China & ancient city of the Gobi Desert plateau WUDANG - SHAOLIN TOUR 9th - 23rd Apr 2011 \$ 4999 Taoist Yellow Mt, Suzhou gardens, Hangzhou West Lake	
INSTRUCTOR TRAINING	The most professional Tai Chi training course in the world Trainee Instructor Information pack available on request.	
PRIVATE TUITION	Private tuition by Grandmaster Khor or by one of our senior instructors ? Rates available on application.	
PRIVATE CORPORATE	Want a Tai Chi class at your business or club ? Contact the AATC for rates and details.	
SPECIAL PRESENTATIONS	Want a presentation or workshop for your organization ? Instructors are available.	
DEMONSTRATIONS	Would your School or Club like a free Tai Chi Demonstration ? Contact us to discuss.	
		INDIA TOUR 2nd - 15th JAN 2011 \$5200 Maharajas & Mughal & British Empire Arts <i>Visit Taj Mahal , Delhi, Bombay, Rajasthan</i> Ashram, Forts, Camel ride, Feed Monkey