

Living
Chi

Australian Academy
of Tai Chi & Qigong
Feng Shui Academy
of China



Excellent ! Inspiring ! Brilliant !

Comments from people attending recent Academy's seminars in Sydney and Brisbane.

Utilizing the latest Western scientific insights and traditional Chinese health medicine, Grandmaster Khor and Master Rod Ferguson showed how applying Tai Chi Principles correctly will shape our long term health and well being. Topics explored include postural relaxation, mental focus, tensegrity and the inner strength of tendons, muscles and the connective tissues, plus details of how to use joints and muscles correctly to bring about stability in posture and movement, with benefits extending to Fall Prevention, Arthritis and various other ailments.

“Wudang & Shaolin” Seminar 2010 Sept 17th-19th

The Art & philosophy of Shaolin & Wudang will be the topic for next year's seminar. Within the one weekend you will learn Wudang & Shaolin techniques for cultivating and maintaining health and longevity. **Book now to secure your place with a \$50 deposit.** Ring (02) 9797 9355 or send cheque or money order to “AATC”, P.O.Box 1020, Burwood North, NSW 2134



Give the gift of Health to your family & friends this Xmas !

Buy them a gift voucher “ a Tai Chi Present ”

For Health & Longevity - *Shibashi Beginners Course* \$99

For Falls Prevention, Stress Control, Well Being - *Shibashi DVD* \$39

For Peace & Tranquility - *Tai Chi Music CD* \$25

The Ultimate X'mas Gift - *China Tour* \$ 4999

Ring 97979355 or email aatc@optusnet.com.au



Reminder

Term one commences
25th - 29th January 2010

Free Park Lessons

will be held by academy instructors in various location during the holiday breaks. Please ring 6949 2543 for details

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??

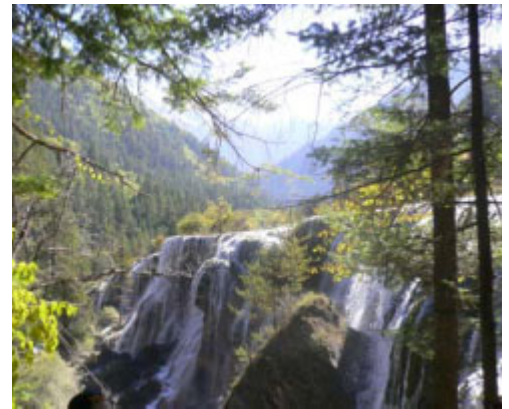
The Academy is looking for students to train in this field, to help older people regain their good health, balance and wellbeing. You will be trained in how to teach and how to break down each movement. You will also receive a curriculum and a certificate to teach. This is a wonderful opportunity to give something to the community and help people to improve their quality of life. **To apply, please ring June Williams on 6949 2543 or 0418 603 657**

DVD PRODUCTION

The Academy is currently doing research for a DVD health series. If you have knowledge in these area, we would love to hear from you. Ring June on (02) 6949 2543
Tai Chi for Falls Prevention Tai Chi for Arthritis Tai Chi for Diabetes Tai Chi Stress Management Tai Chi for Pain Relief & Management Tai Chi for Cardiovascular Health Tai Chi for Surfing



China Tour



A Day on the Yangtze River Tour with Grandmaster Khor

- 6.30 am Tai Chi with Grandmaster Khor as cruise ship glide thru Yangtze River.
- 7.30 am Breakfast with choices of Yum Cha or western cuisine or both.
- 9.30 am Shore excursion up little stream and rapids. (Lunch in village restaurant)
- 4.00 pm Return to cruise ship, enjoy massage/mahjong /painting/ ping pong etc.
- 6.00 pm Dinner - 10 course Chinese banquet dinner
- 8.00 pm Showtime entertainment / performance



Other Highlights : SHANGHAI, JUIZHAI VALLEY, CHENDU, PANDA RESERVE

All travel, meals, accommodation, visa, sightseeing included in price \$ 4999.00



**If you want to experience the above, book your space now on the
Yangtze River & Nature Wonderland Tour 4th - 17th April 2010**

Send \$500 deposit to AATC , P.O.Box 1020, Burwood North, NSW 2134

All Enquires : (02) 9797 9355 69492543 0418 603 657

Web: www.livingchi.com.au E-mail : garykhor@optushome.com.au