

Energy Healing Arts of Ancient China

Tai Chi & Qigong Grandmaster Gary Khor

-Diploma (China) -Internationally acclaimed author -International Judge -Gold Medal winner (1986 International Wushu/Tai Chi Championships in China)

A unique opportunity to meet, learn from and be inspired by Grandmaster Gary Khor, Founder & President of The Australian Academy of Tai Chi & Qigong here on the Gold Coast.

Grandmaster Khor is a man of many talents, a deep well of knowledge, dedication and a great belief in the benefits of Tai Chi, Qigong, Feng Shui and associated Chinese health arts. This has given him a high ranking in the Tai Chi world, recognised not only in Australia, but also in China, where he is held in great esteem.

For hundreds of years Westerners have been puzzled at seeing Chinese doing this effortless, rhythmical, ballet-like exercise both at dawn and at dusk. The Chinese say "whoever practices Tai Chi correctly and regularly twice a day over a period of time will gain the pliability of a child, the health of a lumber-jack, and the peace of mind of a sage". Western medical research is now confirming that Tai Chi can indeed treat and heal many illnesses. At the forefront are: Stress Control, Falls Prevention, Arthritis, Diabetes, Parkinson's Disease, etc.

Grandmaster Gary Khor will show you how to develop and use your "Chi" energy, improve Tai Chi & Qigong skills, and learn Traditional Chinese health practice and living skills. Techniques include ways to help you keep flexible, energetic, optimistic and vital throughout all stages of your life.

Wu Xin Qigong - The famous Five animals exercise (Tiger, Deer, Bear, Monkey, Bird) created 1800 years ago by the great Chinese physician Hua To, the father of the Chinese Acupuncture system. Learn this fascinating movement and breathing exercise art for strengthening health and well-being.

When performed correctly this Qigong promotes energy circulation. "One word from a Master can save you years of searching for the valuable keys to unlock the many levels of benefits obtainable" says Master Rod. "Sometimes it's the simplest changes that make the most profound advances in your practice of these healing arts". "Tai Chi is not the destination, but the journey!" says Grandmaster Khor.

Monday 31st October 10.30am-12noon

**Masonic Hall
First Avenue
Burleigh Heads**

\$40 ~ bookings essential

**Pay your instructor directly or Credit card payment by phone 5572 8921
or by post: AATC-Qld, PO Box 2475 Fortitude Valley 4006**

or by **EFT** to Westpac New Farm **AUSCHI 034-065 130098** put "your name" & "Burleigh" as note.

AUSTRALIAN ACADEMY OF TAI CHI & QIGONG – Qld.

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