

Australian Academy of Tai Chi & Qigong – Qld
presents
Grandmaster Gary Khor's 35th Annual Seminar

Tai Chi & Qigong

Energy Healing Arts of Ancient China



October 28th, 29th & 30th, 2011
New Farm - Brisbane

Arts and energy skills of the Shaolin (Buddhist) and Wudang Mountain (Taoist) monks plus the scholars (Confucian) meditation and hygiene.

Two World Renowned Masters

Grandmaster Gary Khor will show you how to develop your “Chi” energy, improve Tai Chi & Qigong skills, 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.

Master Rod Ferguson presents “Distilling the Essence” of Tai Chi and Qigong, drawing on the three major influences; The Chinese Traditional Health System; Chinese Martial Art - science of body awareness and movement; Culture - The philosophy behind Traditional Chinese thought and lifestyle.

NEUROPLASTICITY refers to the brain’s ability to change itself. Research shows that it is possible to train the mind to break cycles of depression, regain the use of limbs disabled by stroke and reverse old age related changes in the brain. The human brain has a natural ability to reorganize itself by forming new neural pathways and connections throughout one’s life in response to new situations or changes in one’s environment to compensate for disease and injury.

MEDITATION, particularly with visualization is effective in causing the brain to morph, to grow new connections between billions of cells, and to create new motor and sensory-motor maps for each new activity. When you visualize movements in your mind, brain changes can be measured and seen in PET scans. Tai Chi exercise in particular stands out in that it combines precise imagery, mindfulness meditation, breathing, isometric & isotonic exercises, and total relaxation. It has no peer as a mind-body-spirit system.

CONNECTIVE TISSUE In Addition, western scientist also recently discovered that the body’s connective tissue system - the ligaments, tendons, cartilage, fascia, membranes that links all the cells in the body is a continuous network that pervades the entire human body. The system continues unbroken into the nucleus of each cell and organizes all cells, tissues, organs, and systems. The body is structured as one huge interconnected whole, not just a bunch of parts. We now realized that energy and information are also being transmitted through the human body by means of the connective system, and at a much faster rate than through the nervous system. Interestingly, Tai Chi and Qigong exercises have long emphasized the importance of developing the connective tissue (sinews), not the muscles, to generate energy. All these recent discoveries confirm Tai Chi as one of the most important medical exercise man has ever created. The energy used in Tai Chi and Qigong is the same as that used in bioenergetics healing. The human bioenergetics field is a continuation of the physical human system. In most China’s major hospitals, Tai Chi and Qigong are used in conjunction with Western science to treat cancer and other ailments. The interest in Chinese energy medicine is growing all over the world. People are starting to realize that within the human body is a driving force called “Chi or Qi” that gives us life and health, a natural healing force that can be mustered to produce our own miracle if we learn to use it.

IN THE ZONE Athletes speak reverently of being “in the zone.” Peak performance is a magical state where everything falls into place perfectly. Everything is in sync and working well together effortlessly. Time slows in the zone. Space bends in the zone. Every shot you take hit its mark. Patterns unfold, revealing everything. You know what your opponents are doing before they do. The zone is not restricted to professional and world class athletes. Ordinary folks can also access it. However, there are certain barriers or gates that one must first pass through. The art of Tai Chi and Qigong offer such a passage.

Grandmaster Khor will personally illustrate the techniques required to access the so called “zone” at the seminar.

“Zen” totally present - “Tao” completely natural - “Wu Wei” action through non-action

Friday 7pm to 8.30pm

Master Class Workshop – Grandmaster Khor & Master Rod

An interactive session of fun and sensing hands. A touch here, a shift there, a twist with your waist, and the attacker is sent tumbling to the floor. You can defend yourself and you do not need big muscles to do it. Neither violence nor strength required! Such skills are normally only possessed by highly trained masters.

Come along and try out some movements for yourself, all levels welcome. Stay for Chinese tea and snacks, and renew old friendships or make some new ones!

Saturday 10am to 12 noon

PREVENTION HEALTH & HEALING

Keynote Address - Grandmaster Khor Keynote Address - Grandmaster Khor

Energy Healing Ancient Arts of China, Scholars Meditation and **Tao Yin** with Master Rod

Saturday 1pm to 4pm

FROLIC of the FIVE ANIMALS - Grandmaster Khor

Wu Xin Qigong - Tiger, Deer, Bear, Monkey and Bird created 1800 years ago by famous physician Hua To.

Saturday 7pm

Banquet at Huong's Restaurant at West End – pay on night - approximately \$35

Join Grandmaster Khor & Master Rod in the tradition of socialising by sharing and enjoying good food.

Sunday 10am to 12 noon

QIGONG TRAINING - Grandmaster Khor presents breathing and meditation in Confucian, Buddhist and Taoist Qigong, energy and healing arts. Healing Qigong in Traditional Chinese Medicine and Martial Arts. Learn **Yi Jin Jing** (Muscle /Tendon Strengthening) created by Bodhidharma 1500 years ago to develop the mind and body of the Shaolin monks

Sunday 1pm to 4pm

APPLIED TAI CHI SKILLS - Forms Techniques & Applications - Grandmaster Khor & Master Rod - Tai Chi when performed correctly 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.

Wudang Mountain in Hebei, China, is the legendary home of Taoism, Tai Chi and Wudang Kung Fu featured in so many Wushu and Wuxia films like "*Shaolin Temple*" (Jet Li - 1982), "*Crouching Tiger, Hidden Dragon*" (2001) and "*The Karate Kid*" (2010).

The Shaolin Monastery is a Chan (Zen) Buddhist temple at Song Shan (mountain) near Dengfeng, China. Founded in the 5th century, the monastery is long famous for its association with Chinese martial arts and particularly with Shaolin Kung Fu. The popular television series "Kung Fu" starring David Carradine as Kwai Chang Caine introduced the Shaolin arts to the West in the 1970s. The Shaolin Monastery and its famed Pagoda Forest were inscribed as a UNESCO World Heritage Site in 2010 as part of the "Historic Monuments of China".

You can also visit these places with Grandmaster Khor on our China tours. We visited there in April and brought back new knowledge and inspiration for the Yi Jin Jing, Lohan from Shaolin and the Tai Chi 'Yang Sheng' (nurture) philosophy and Taoist Qigong from Wudang Mountain.

Brisbane Seminar 28-30 October 2010 - Don't miss out! Book early!

Australian Academy of Tai Chi and Qigong - www.livingchi.com.au - 3358 1955

All sessions held at Holy Spirit Hall Villiers St New Farm

Don't miss out! Book early!

Prepay by Oct 12th and save!

Name _____

Address _____

Phone (H) _____ (W) _____ Postcode _____

Mobile _____ Email _____

Who is your instructor _____ Location _____ Level _____

Price before Oct 12 or After..

Fri 28 th Oct – 7pm to 8.30pm MASTER CLASS Pushing Hands and Tai Chi Applications for Self Protection	Grandmaster Khor – Master Rod An interactive session of fun and sensing hands	<input type="checkbox"/> \$40	<input type="checkbox"/> \$45
Sat 29 th Oct – 10am to 12 noon PREVENTION HEALTH & HEALING	Keynote Address -- Grandmaster Khor Energy Healing Arts of Ancient China, Scholars Meditation and Tao Yin with Master Rod	<input type="checkbox"/> \$65	<input type="checkbox"/> \$70
Sat 29 th Oct – 1pm to 4pm FIVE ANIMALS FROLIC	Grandmaster Khor Wu Xin Qigong - Tiger, Deer, Bear, Monkey, Bird created 1800 years ago by Chinese physician Hua To.	<input type="checkbox"/> \$85	<input type="checkbox"/> \$90
Sun 30 th Oct – 10am to 12 noon QIGONG TRAINING & YI JIN JING	Breathing and meditation in Confucians, Buddhist, Taoist Qigong Medical Qigong - Healing Qigong in Chinese Traditional Medicine Martial Art Qigong -	<input type="checkbox"/> \$65	<input type="checkbox"/> \$70
Sun 30 th Oct – 1pm to 4pm APPLIED TAI CHI SKILLS	Forms Techniques & Applications - Tai Chi when performed correctly promotes energy circulation, key principles: Grandmaster Khor & Master Rod	<input type="checkbox"/> \$85	<input type="checkbox"/> \$90
Full day <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday	Lunch for full day participants only	<input type="checkbox"/> \$130 <input type="checkbox"/> \$130	<input type="checkbox"/> \$140 <input type="checkbox"/> \$140
Complete Fri, Sat & Sun	Lunch for full day participants only	<input type="checkbox"/> \$260	<input type="checkbox"/> \$290
Saturday night Banquet	Huong's Restaurant at West End – pay on night approximately \$35		

Total payment due \$ _____

I am paying by (please tick) Cash Cheque

Bankcard Mastercard Visa

Signature _____ Expiry date _____

Credit card payment by phone (07) 3358 1955 by post: AATC-Qld, PO Box 2475 Fortitude Valley 4006 or by EFT to Westpac New Farm AUSCHI 034-065 130098 - Put "your name" & "seminar" as note.