

AUSTRALIAN ACADEMY OF TAI CHI & QIGONG - QLD SUMMER 2011 NEWSLETTER



Christmas Greetings and best wishes for the Holiday season to all our instructors and students, and we hope that 2012 brings you many happy, relaxing and healthy times.

Once again, the year has rushed past us in a blur. We are reminded that in the fast pace of today's lifestyle, we can't afford to be complacent about our health and our activity levels.

It is up to each of us to **care for our own well-being**, and to ensure we look after our mind and body – to stay fit and well to enjoy our leisure time.

We now have firm dates for our **5th Annual Straddie Wreckreation Weekend**, which will be from March 23rd to March 25th, 2012. As we will be a bit limited with numbers, make sure you get your deposit in as soon as possible to secure your place. Why not check out this year's photos at

<http://www.livingchi.com.au/tai-chi-pictures-video/stradbroke-island-2011>

and see the flyer at

<http://www.livingchi.com.au/wp-content/uploads/2011/01/Straddie-Flyer-2012.pdf>



The **35th Annual Queensland Seminar in Brisbane** (Oct 28th to 30th) with Grandmaster Khor and Master Rod was wonderful – full of great information, fun and interesting movement sets. The theme of the seminar was “**Energy Healing Arts of Ancient China**”. This is part of the new affiliation with Wudang Mountain – the spiritual home of Tai Chi. Our décor theme was ‘**Yin Yang Balance**’, and the hall looked great!

Grandmaster Khor was able to

enlighten us on many important points to remember to improve our Tai Chi practice, and he showed us how to embrace the characters of the Five Animals Frolics, and a little intro to the Yi Jin Jing set. Master Rod showed us many ways to adapt our movements, to ensure we kept to the principles of “Nurture, not strain”. Of course, the self-defence session was greatly enjoyed, and a chance to have a bit of fun and interaction.



Rod will be running a **Summer Short Course** of the new ‘**Five Animal Frolics**’ during the term break. This set was showcased during the Annual Seminars in Sydney and Brisbane. This will be in January at Holy Spirit Hall, New Farm. Join us on Tuesdays 10, 17 & 24 January from 6.30 to 8.00pm for some re-energising summer fun.

<http://www.livingchi.com.au/wp-content/uploads/2010/07/Summer-Course-2012.pdf>

With much excitement, we are planning the next **Queensland group's China tour at Easter 2013**. It is an experience not to be missed. Start saving now so you can join Grandmaster Khor and Master Rod as we journey to the birthplace of Tai Chi – the beautiful **Wudang Mountain**. This will include training with a Taoist Monk. The proposed itinerary will also take in the **'Terracotta Warriors'** at Xian, and a **Yangtze River cruise**. It sounds like the BEST itinerary – don't miss this great tour.

Read about **"Life Nourishment Skills"** in Grandmaster Khor's latest New South Wales Newsletter:- <http://www.livingchi.com.au/wp-content/uploads/2011/11/Tai-Chi-Sydney-News-T4-2011.pdf>

Please help us to get **better ranking for the Academy website** by checking it regularly. Please 'like' us (requires a Facebook login), check Twitter, and watch all the footage on our channel on Youtube.



Join us for **your essential daily maintenance**, with new Academy classes starting in the week of Jan 30th. Our Active & Healthy park classes will start earlier in January. Just check out the schedules to find your nearest location and details.

<http://www.livingchi.com.au/wp-content/uploads/2010/07/TaiChiBrisbane.pdf>

Gong Xi Fa Cai - Happy Chinese New Year!

January 23rd 2012 welcomes the Year of the **Water Dragon**.



The Dragon is a creature of myth and legend. A symbol of **good fortune** and sign of **intense power**, the Oriental Dragon is regarded as a divine beast - the reverse of the malicious monster that Westerners felt necessary to find and slay. In Eastern philosophy, the Dragon is said to be a deliverer of good fortune and a master of authority. Therefore, those people born in Dragon years are to be honoured and respected. **Water** has a **calming effect** on the Dragon's fearless temperament. Water allows the Dragon to re-direct its enthusiasm, and makes him more perceptive of others.

Constant multitasking, overbooking and then blacking out with sleep creates a life of catch-up and anxiety. **Tai chi manages to slow time down to its natural pace**. It allows the **mind to rest calmly in the present moment**, while the **body flows with gentle exercise** for every part.

The most important thing in our lives is **good health**. We give our cars regular services, but forget about ourselves. You can have many cars, but you only have one body!

Look after it well. To maintain such a gift, Tai Chi & Qigong is the answer. For those who have already experienced the wonderful feeling of Tai Chi, we hope to see you again soon. To those who have yet to experience that feeling, now is the time to take action and join a class near you.