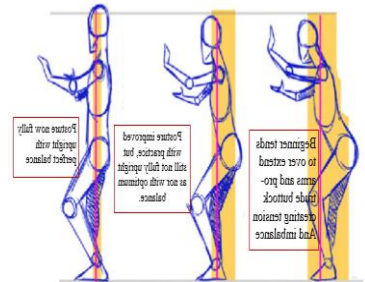


TAI CHI & QIGONG WORKSHOP SAT 17th March

With Master Aaron & Grandmaster Gary Khor

Meditation/Breathing/Qigong/Tai Chi/Biofeedback/Bio-Mechanics Falls Prevention Mental Health Healing Energies

Learn how and why Tai Chi works in an intensive training day under Australia's leading experts on Tai Chi and Qigong. From traditional cultural art to modern scientific medical applications. From historic Indian yogic roots of Shaolin Kung Fu, through traditional Chinese Taoist nature philosophy, to modern scientific medical applications.



Khor Tai Chi: Tai Chi is an interactive body-mind system of balanced movements and relaxed stretching. Deeper within is a biofeedback system which develop consciousness and sensitivity. The higher levels of Tai Chi study the inner, outer, upper, and lower aspects which uses consciousness rather than strength. Below, it develops *qi* energy in the “*dantian*”. Above, it lifts the spirit with a light insubstantial energy at the top of the head. The movement bio-mechanics of Tai Chi exercises joints, stretching ligaments, tendons and muscles. Skills include Tai Chi for Fitness/Healthy Aging, Tai Chi for Geriatrics, Tai Chi Sensing Hands/Self Défense.

Eight Golden Treasure (*Baduanjin*): Based on breathing and stretching techniques, this age-old Taoist Yoga exercise can literally reverse the ageing process. It loosens up joints, lengthens tendons, strengthens muscles, improves respiratory and circulatory functions, and delivers oxygen-rich blood throughout the body strengthening the immune system.

Grandmaster Khor founded the Australian Academy of Tai Chi in 1976 and introduced Tai Chi to the people of Australia. He is the author of 25 books and instructional DVDs. In 1985 Gary was invited by Dr Gary Egger to teach Tai Chi & Wushu martial art at the 1st Fitness Leader Training Course in NSW conducted by Australian Council for Health, Physical Education and Recreation, and NSW Department of Sport & Recreation. In 2000 Gary was appointed advisor to the Australian Falls Research program at Prince Alfred Hospital. In December 2016, he presented his revolutionary clinical Tai Chi program at the Falls Conference in Melbourne to doctors, professors, and physiotherapists of Australia, NZ, and Asia. **On this day at this Workshop he will introduce his new era *Mindfulness Tai Chi*.**

Aaron Khor: Aaron is a Health Science degree graduate and is currently studying Chinese Medicine (3rd Yr.) at Sydney University of Technology. Currently researching Chinese medical & Western health science. He started training with Grandmaster Khor from the age of 5 years and continues to train with Taoist masters in China.



9.30 to 12.30pm \$ 60.00 (early Bird) or \$ 70 (at Door)
Baduanjin - The 8 Golden Treasures Shibashi & Tai Chi

1.30 to 4.30pm \$ 60.00 (early Bird) or \$ 70 (at Door)
The New Tai Chi Shibashi Fan

50+ Leisure & Learning Centre, Albany Street, GOSFORD

Bookings: 9797 9355 0410 050 080 0422 795 365 0435 121 520
email: aatc@khorlivingchi.com.au Web: www.khorlivingchi.com.au