

# Workshop with Grandmaster Khor

## TAI CHI & SHIBASHI QIGONG

Applying Tai Chi principle with selected Tai Chi & Qigong movements.



### *The Wonders of Tai Chi & Qigong*

**History** - from original temple creation to martial art family branches to modern applied forms.

**Philosophy** – from nature’s laws to consciousness cultivation

**Yin/Yang Principle** – from physical health to martial art to movement arts

**Medical Benefits** – from health maintenance to Chinese medicine to future medical applications

**Science of Tai Chi** – from Newton’s Laws to Quantum Mechanics

**Meditation of Tai Chi** – from Stress Control to Consciousness Development

**Qigong of Tai Chi** – from breathing therapy to the 5<sup>th</sup> Dimension.

**Lifestyle Living** – from Stress-free living to *living with Chi*.

**Martial Art of Tai Chi** – from non-violent self-defence to self-awareness

**Cost : \$ 49.00 ( prepaid ) or \$59 at door**  
**(Include tea / refreshment )**

**Saturday 10th March**  
**( 1.30 am to 4.30 pm )**

**Polish Hall, Chatham St.,**  
**BROADMEADOW**

**Bookings : (02) 4942 2951**

**Sunday 11th March**  
**( 9.30 am to 12.30 pm )**

**Long Jetty Senior Citizen Centre,**  
**Toowoan Bay Road, LONG JETTY**  
**Bookings : (02) 49422952 / 9797 9355**

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