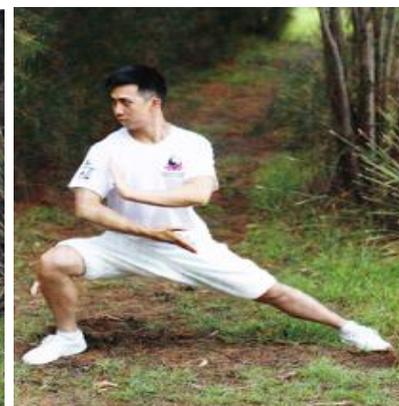
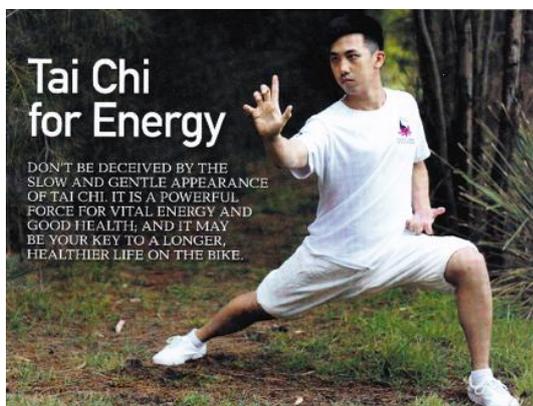
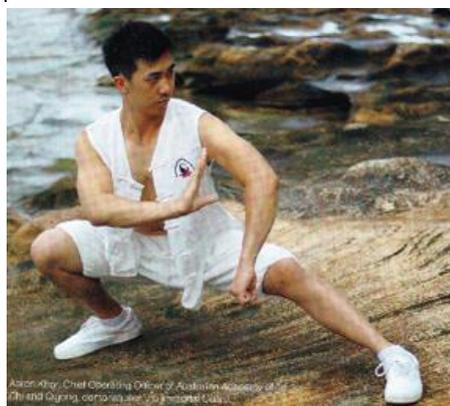


## TAI CHI in BICYCLING magazine.

Master Aaron was featured in the current issue of the Bicycling Magazine (March/April 2017). The article was written by Sophia Auld, a senior Physiotherapist & Pilates instructor with 25 year experience.

### “Master Class : Tai Chi for Athletes with Aaron Khor”



“Tai Chi is a mind-body-spirit exercise system, connecting the practitioner's mental concentration, deep breathing and physical actions. Two of its key principles are balance and relaxation”.

#### FIVE WAYS TO IMPROVE CYCLING PERFORMANCE

**BALANCED ENERGY** Tai Chi helps you maintain peak physical and mental health. Fosters your state of relaxed alertness, often termed being in "the zone" or "flow."

**BETTER BREATHING** Tai Chi's deep diaphragmatic breathing increases lung capacity, strengthen performances.

**PHYSICAL PERFORMANCE** Help athletes to improve performance with posture, body awareness, and balance.

**IMMUNITY** Tai Chi strengthens immune system by increasing T cells in the body. Adding Tai Chi to your training routine could help prevent illness and training lay-offs.

**ENERGY FOR LIFE** Qi flows through the body's meridians. Each meridian connects the outside of the body to an internal organ. Tai Chi is said to improve vital internal energy, boosting performance by making you a stronger person from within. "The qi circulates through your body and maintains the wellbeing of the body". "It pushes the blood, sends energy to all the joints, makes you perform better and be a healthier, more energized person."



### MEET THE MASTERS AT TAI CHI FREE LESSON & DEMO 26<sup>th</sup> March



Come meet the Masters and join in FREE Tai Chi lessons with Grandmaster Khor and your instructors at “THE BIGGEST WORKOUT” at *The Connection*, 30 Shoreline Drive, Rhodes on **Sunday 26 March**. The Academy will be on stage from 10.30am to 11.15am. Tai Chi group practice commences from 8am to 12 midday. There will also be Aerobics, Zumba, Yoga lessons plus presentations on Healthy Eating by qualified dieticians. Family & friends all welcome.

## ***“Flowing with Tao” China Tour*** 16 - 29 Sept. 2017

**Yangtze Cruise & Taoist Paradise**      **\$ 5299**



A trip through China with Grandmaster Khor is an eye-opening experience. This is an exceptional journey full of legends, history, adventure, and workshops with Taoist Tai Chi Qigong masters. With in-depth sightseeing, sumptuous Chinese health cuisine, exquisite shopping. It's a truly cultural experience. One you will never forget! **Plus, training with Grandmaster Khor!**

**Banquets ! Massage ! Live Shows !**

### **AATC WEEKEND SEMINAR**

**1st to 3rd September 2017, Collaroy Beach**

**“Power of living Chi Energy”**

**70th Birthday Celebration of Grandmaster Khor**



Intro to Chinese Medicine & Yin Yang Nutrition

Acu-Massage & Pulse Reading

Eight Gold Treasure Qigong - as taught by the Taoist

Lohan Qigong - as taught by Shaolin Monks

Mind Power Qigong & Mindfulness Meditation

Healthy Joints & Bio Mechanics of Movement

Tai Chi Self Defence Applications

**Early Bird Discount before July 15% off**

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