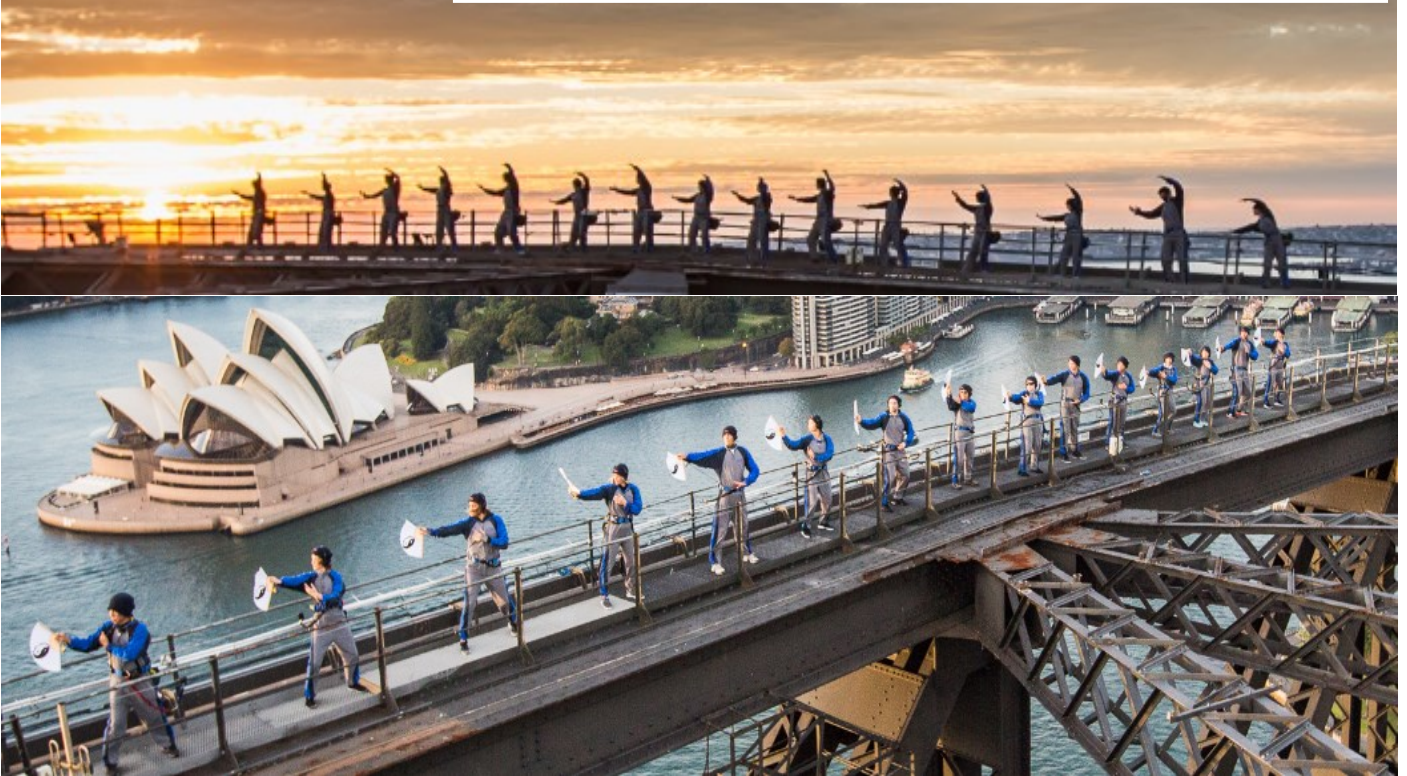


Sunrise Tai Chi Over Sydney Harbour

The Australian Academy of Tai Chi made history by performing Tai Chi & Qigong on the summit of the Sydney Harbour Bridge. Grandmaster Gary and Master Aaron Khor led 14 climbers up the steps of the famous Sydney harbour bridge. With beautiful golden clouds above and a bright red orange sun rising above deep blue water, 16 Tai Chi silhouettes moved in unison to the silent rhythm of the cosmic breath. It is Tai Chi heaven, a *meditation in motion* flowing with the wave energy of the Great Australian Outdoor.

To view the video clip on You Tube, click on the link: <https://www.youtube.com/watch?v=7wLwyRdly4g>

World's first Tai Chi class on Sydney Harbour Bridge



You can learn the fan sequence performed on the summit of the harbour bridge. It will be taught at the Gosford and Wollongong Workshops (information below). The sequence is part of the newly created **Yangsheng Qigong Fan Set**. *Yangsheng* means Life Nourishment. Physical decline associated with aging is avoidable. Musculoskeletal ailments such as stiffness, bad back, chronic pain, fatigue, and even high blood pressure need never occur if you maintain conscious control of your nerves and muscles. Yangsheng qigong can help you overcome the aches & pain and restore your previous healthy body.

GOSFORD WORKSHOP SAT 10th June

50+ Leisure & Learning Centre, Albany St. **Gosford**

9.30am to 12.30pm : Shibashi, AcuMassage, Qigong, Yangsheng Fan

1.30 to 4.30 pm : KHOR TAI CHI Level I to 6 Refinement

Cost per session : \$ 55.00 (Early Bird Price) or \$65 (At Door)

Cost two sessions : \$ 100.00 (Early Bird Price) or \$130 (At Door)

Bookings: 9797 9355 0410 050 080 0422 795 365 0435 121 520



WOLLONGONG WORKSHOP Sun 18th June 1.30 to 4.30pm

Pioneer Hall, 84 Church St. **Wollongong**

Wild Goose Qigong , Tai Chi Refinement, Acu Massage, Yangsheng Fan

Cost : \$ 55.00 (Early Bird Price) or \$65 (At Door)

Bookings: 4256 3800 4261 8452 4284 1109 0422 932 818





“MIND-BODY-CHI” SEMINAR 1st to 3rd Sept Collaroy Beach

The Power of Chi energy in healing while novel in the West, has been central to traditional Chinese medicine, Qigong and Tai Chi. The cultivation of Chi led to the development of “life nourishing” skills called ‘Yang Sheng’ which involves proper nourishment and maintenance of the body and mind.



Neuro-plasticity is a recent breakthrough in understanding the brain and its relationship to the mind. Brains evolved many millions of years *after* bodies did, to support bodies. The body abounds with neurons, the gut alone having 100 million. Body and brain interact and adapt to each other. Not only does the brain send signals to the body to influence it; the body sends signals to the brain to affect it as well, and thus there is constant, two-way communication between them. Neuro-plasticity enables the brain to change its own structure and functioning in response to activity and mental experience. This “MIND-BODY-CHI” seminar brings together the best Eastern traditions and Western science for healing and strengthening Mind Body & Spirit.

Essence of Tai Chi & Qigong * Healthy Joints * Posture & Breathing * Energy Meditation * Shaolin Mind Body Strengthening Exercise * Taoist Qigong for Healthy Organs Bio-Mechanics of Balance & Movements * Neuroplasticity & Somatic Qigong * TCM & Acupressure Massage * Yangsheng Fan Qigong & Energy & Life Nourishment

ENSUITE PACKAGE – \$ 675 before 1st Aug (\$780 thereafter) (2 nights Room & Meals)

CABIN PACKAGE – \$ 595 before 1st Aug (\$690 thereafter) (2 nights Room & Meals)

Two Day Workshops (\$495 before 1st Aug) (\$555 thereafter) (lunch & Tea Sunrise & Sunset Tai Chi)

Saturday Workshop (\$270 before 1st Aug) (\$330 thereafter) (lunch & Tea, Sunrise & Sunset Tai Chi)

Sunday Workshop (\$230 before 1st Aug) (\$270 thereafter) (lunch & Tea, plus Sunrise Tai Chi)

Half Day Workshop (\$140 before 1st Aug) (\$185 thereafter) (Tea plus Sunrise or Sunset Tai Chi)

Payment Methods: Cash, Cheque, Money Order, Visa, Master card, or direct Bank Transfer

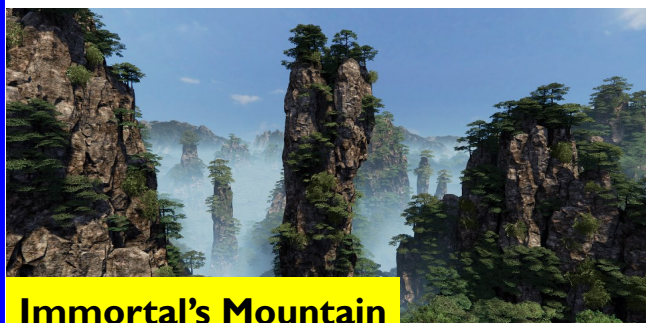
To secure booking : Phone (02) 9797 9355 or Email: aatc@optusnet.com.au

\$50 booking deposit is non-refundable if you cancel for **whatever reason**.

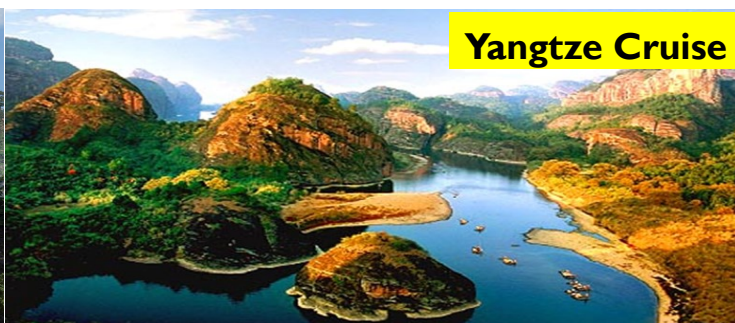
Yangtze Cruise & Taoist Paradise China Tour 16th -29th Sept. 2017

A trip through China with Grandmaster Khor is an unforgettable experience. A magical journey full of adventure, indepth sightseeing, health banquets, rejuvenation massages, spectacular live Shows, plus meeting and training with Taoist Qigong masters. It's a magical cultural experience you will never forget!

Airfares, Hotels, Meals, Sightseeing all included in \$4999



Immortal's Mountain



Yangtze Cruise

Tai Chi & Qigong Instructor Training Courses Available

Established since 1976, the Academy offers professional Tai Chi & Qigong instructor training courses and business franchise. Courses offered vary from mini weekend course to comprehensive 3 years course.

Australian Academy of Tai Chi P.O.Box 1020, Burwood Nth, NSW 2134

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Email : aatc@optusnet.com.au

Web: www.livingchi.com.au