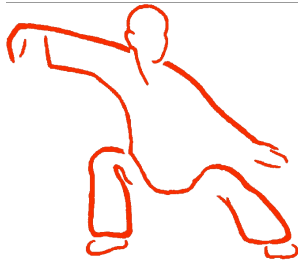




Power & Mysteries of Tai Chi & Qigong

We often read about the great healing power and super martial art skills of ancient masters. Access to such skills and training methods are hard to come by. However, in this year's annual seminar, a convergence of topics has brought some such information and training methods together, some for the very first time.

Beginners in Tai Chi and Qigong usually have no idea of how much and what is in store for them. The slow, graceful movements of Tai Chi are so deceptive that most people sees it as just a gentle exercise art. Even in their wildest dream they would not be able to imagine the vast universe hidden within the art. In its entirety, Tai Chi is not only a model for exploring the wide spectrum of life's energies and dynamics, it is ideal for exploring all aspects of our human makeup: physical, mental, emotional, energetic, and spiritual. It cannot be predicted from observation; it must be experienced. Something magical happens when the movements are performed harmoniously. However, because of its many layers and depth, many do not have the patience and perseverance to stay with it until finally experiencing its magic.



The experience is analogous to learning to ride a bicycle. It only works when it is moving. But you don't know that. If you are familiar with other wheels, you might guess this thing's meant to roll, but it falls over when unsupported. You struggle to keep it upright, fighting the pull of gravity. After a number of painful falls you find yourself anticipating and resisting the next one. As your attention gets fixed on resisting all that can go wrong, you find it difficult to do the one thing that you need to do: relax into the center of your body. Surrender your body totally to the state of relaxation!

The majority of people who seek to master Tai Chi usually have to backtrack in their studies, normally first learning the solo form postures and then later seeking out the fundamental exercises and principles of the Qigong aspects. If we ask, "How many Tai Chi practitioners really understand, or can actually apply, the absolute fundamentals of **"Soong"**, (relaxed alertness and non muscular exertion), the One Breath, Mind-Intent, sinking the qi into the Dan Tian, abiding by the Dan Tian, or adhering qi to the spine?

Too often, Tai Chi is practiced and viewed as just some sort of external exercise for improving health, but Tai Chi is predominantly an internal art. Fundamentally, it is internal alchemy in motion. Ideally, in practice only 10 percent of the movement is expressed externally; 90 percent is unseen and sensed internally. The great Tai Chi Grandmaster Yang Chengfu said, "**Tai Chi is**

meditation in action, and activity within meditation." Alertness of non muscular exertion, the One Breath, Mind-Intent, leading the qi through the **"nine channel pearl"**, they are purely internal **mind-powered** qi circulation. Therefore in higher level Tai Chi, consciousness is brought to the slightest of movements, and only through consciousness can we bring delicate sensitivity and awareness into the practice and access the deeper realm of Tai Chi. Conscientious practice imparts the hidden wisdom that transforms the individual in unexpected ways. Through patient, careful observation, the ancient wisdom of body-mind reveal themselves over time. **To learn these techniques, see seminar information next page.**



Sinew, Muscles & Bone Marrow

Ligaments, tendons, cartilage, fascia, membranes, and ground substance link all the cells in the human body. This vast network pervade our entire body. This system continues unbroken into the nucleus of each cell and organizes all cells, tissues, organs, and systems. Our body is structure as one huge interconnected whole, not just a bunch of parts. Energy and information are transmitted through the connective tissue system. The key to optimum health is to develop the connective tissue (sinew), not just the muscles, in order to generate abundant energy. A fundamental tenet of Chinese medicine is that our physical body is directly connected to our bioenergetics field. Bodhidharma introduced the **Sinew Changing and Bone Marrow Nourishing** exercise into the Shaolin Temple to strengthen the physical & mental health and of the Shaolin monks. **To learn these techniques, see seminar information next page.**



SYDNEY SEMINARS 19 - 21 Sept. 2014



Aaron Khor



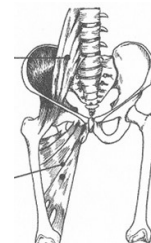
Gary Khor



Rod Ferguson

SAT 20th 9.30 to 12.30 pm “Sinew Strengthening & Bone Marrow Rejuvenation ”

Tendon & Bone Marrow Nourishment exercises, (Yi Jin Jing & Si Sui Jing) was introduced by Bodhidharma to strengthen the health & vitality of the Shaolin monks, which resulted in lifting their martial arts to an unprecedented height. The training strengthened the sinew and generate abundant Chi energy, to cleanse the bone marrow, and to nourish the brain. A Body-Mind rejuvenation techniques.

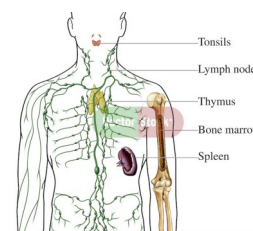


SAT 20th 2 to 5 pm “Posture, Joints & Nine Channel Energy Circulation”

Techniques for optimum posture, skeletal alignment, joint flexibility. Biomechanics of Movements. Techniques for utilising the kua, hip, and pelvic power. “Soong” - relaxed alertness and non muscular exertion, the One Breath, Mind-Intent, sinking qi into the Dan Tian, abiding by the Dan Tian, adhering qi to the spine.

SUN 21st 9.30 -12.30pm “Immune System & Cancer Qigong Therapy

Understanding the Cancer Dilemma. Immune System Booster Techniques. Mastering the fear factor Qigong meditation. Lymphatic System stretching techniques. Mind power Qigong. Martial art exercise.



SUN 22th 1.30 – 4pm “ Healing Power of Tai Chi & Shibashi Qigong ”

Applied Tai Chi techniques for different ailments
Arthritis, Diabetes Asthma, Parkinson’s Disease Falls Prevention

ENSUITE PACKAGE – \$ 675 before 31st Aug (\$780 thereafter) (2 nights Room, Meals, Teas, Workshops)

CABIN PACKAGE – \$ 595 before 31st Aug (\$690 thereafter) (2 nights Room, Meals, Teas, Workshops)

Two Day Workshops (\$495 before 31st Aug) (\$555 thereafter) (lunch & Tea Sunrise & Sunset Tai Chi)

Saturday Workshop (\$270 before 31st Aug) (\$330 thereafter) (lunch & Tea, Sunrise & Sunset Tai Chi)

Sunday Workshop (\$230 before 31st Aug) (\$270 thereafter) (lunch & Tea, plus Sunrise Tai Chi)

Half Day Workshop (\$140 before 31st Aug) (\$185 thereafter) (Tea plus Sunrise or Sunset Tai Chi)

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

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

4 weeks prior to date of seminar /workshop, 50% of seminar /workshop fee becomes non-refundable

2 weeks prior to seminar /workshop, 100% of seminar /workshop fee becomes non- refundable

Brush Meridian & Acu Massage Workshop (Grandmaster Khor)

FRIDAY 19th Sept. 7.30 - 9.30 pm

Cost is \$50 if prepaid by 31st Aug. or \$60 thereafter

Note: This workshop is not included in the seminar package.



Australian Academy of Tai Chi

P.O.Box 1020, Burwood Nth, NSW 2134

02- 9797 9355

Email : aatc@optusnet.com.au

Web: www.livingchi.com.au