



Grandmaster Gary Khor E.A.
National President & Founder

AATC



AUSTRALIAN ACADEMY OF TAI CHI

Our Tai Chi courses are recommended by doctors for *Stress Relief, Diabetes Fatigue, Asthma, Arthritis, Hypertension, Insomnia, Backaches, Cardiac rehab., Parkinson's disease & Falls Prevention.*

We have provided classes for corporate business IBM, Telstra, AustPost etc, retirement villages, schools hospitals, universities.

Instructors are trained by **Grandmaster Khor**

Acclaimed Author of
Living Chi,
Reflection on Qi,
Tai Chi for Stress Control,
Tai Chi Better Breathing,
Tai Chi for Over Fortys

Qualifications:
Tai Chi Judge (China)
Beijing & Shanghai Physical Education Universities

LEARN AT HOME DVDS

- SHIBASHI QIGONG \$39.00
- LOTUS & LOHAN \$39.00
- TAI CHI \$39.00
- TAI CHI MUSIC \$25
- MEDITATION MUSIC \$25

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

TESTIMONIALS

"We highly recommend these gentle exercise routines for physical and mental relaxation...."
Dr A Cripps - Health Media Education Centre.

"Tai chi is an ideal form of exercise for people of all ages suffering from arthritis..." **Sir Eric Willis - Arthritis Foundation of Australia**

As an orthopaedic surgeon specialising in sports medicine and knee surgery, I commend to you the enduring health benefits of Khor-style Tai Chi

Dr Nigel Hope MB,BS, PhD,FRACS,FAOrthA



**PHYSICAL
MENTAL**

**EMOTIONAL
WELLBEING**

**STRESS
CONTROL**

Relaxation

Flexibility

**Improves
Balance
Breathing
Blood Flow**

**Asthma
Arthritis
Diabetes 2
Aches & Pains**

**Aust. Academy of
Tai Chi, Est. 1976**

**Affiliated with Beijing
& Shanghai
Universities of
Physical Education.**

TAI CHI & QIGONG

**Original Tai Chi Qi energy
Exercise & Mindful Meditation**



SUITABLE FOR ALL AGES REGARDLESS OF FITNESS

**Day & Evening Classes at
CONCORD WEST, FIVE DOCK, HUNTERS HILL,
HURSTVILLE, NARRABEEN, PADSTOW, ROSEVILLE,
SYLVANIA, WESTMEAD, WILLOUGHBY**

Also Wollongong, Dapto, Central Coast, Newcastle

☎ 9797 9355

**Web: www.livingchi.com.au
Email : aatc@optusnet.com.au**