

JANUARY 2014 Sydney Workshops

with Aaron & Grandmaster Gary Khor

Location: Canada bay Club, 4 William St. FIVE DOCK

Time : 10.15 to 12.15pm **Cost :** \$40 per wkshp



8th January - Wudang Eight Golden Treasure (*BADUAJIN*)

BADUAJIN - Taoist Yogic meditative stretching exercise. Each technique stimulates a particular meridian and body organs. The essential Taoist energy meditation.

15th January - Lohan & Lotus Qigong

Lohan qigong - Strong stretch for muscles & tendons. Invigorate chi

Lotus qigong - Gently tone & relaxes body. Developed mind & breath

22nd January - Ba Gua (*Eight Trigram*)

BA GUA - adds greater strength and elasticity to your tendons, increasing flexibility and physical power to your ligaments. **Stimulate lymphatic system.**

Strengthen bones by directly infusing the bone marrow with energy.

29th January - Shibashi & TC Rev LI-4

Revision for your Shibashi techniques and Tai Chi movements. Learn how to quieten down your mind, move with precision and mind focus in meditation.

Cost \$40 Early Bird Discount \$ 35 (if Prepaid by 20th Dec)

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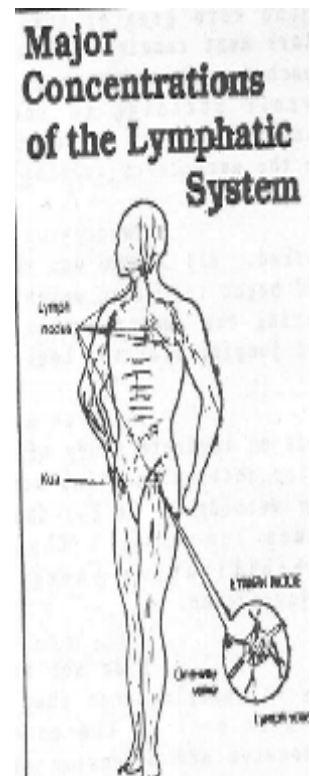
Website : www.livingchi.com.au

THE LYMPHATIC SYSTEM

One of the most dramatic effects of Ba Gua exercise is its effect upon the lymphatic system, which happens to be the body's first line of defense against disease.

Lymphatic fluid is formed from water, dissolved digested nutrients, white blood cells and oxygen. The blood flowing through the circulatory system supplies the elements for lymphatic fluid. Human blood is about 80% water. During the process of blood being pumped through the arteries, water is squeezed out of the capillaries and circulates freely among the cells of your body. In this way every cell is supplied with an adequate amount of water, food and oxygen.

The circulating lymph removes from the cell tissues, waste products and carbon dioxide. The fluid then returns with its load of waste to the bloodstream to pick up a fresh supply of vital oxygen and nutrients. The lymphatic fluid does not empty directly back into the circulatory system (blood), but rather flows from the spaces around the cells into a system of lymph capillaries. The capillaries branch out into larger tubes (lymphatic ducts) which drain into the subclavian veins of the circulatory system (blood) just behind the collarbone.



One of the most important functions of lymph is to bring white corpuscles to the scene of infections in the body, because the white blood cells are designed to destroy invading bacteria. Throughout the lymphatic system are located lymph nodes, sometimes called lymph glands. These lymph nodes manufacture about 25% of the white blood cells attack and destroy the bacteria. In the process these nodes may swell in size due to the extra amount of lymphatic fluid.

The lymphatic system plays a major role in the eradication of infection as well as supplying the cellular tissue with life-giving energy and nourishment. Cellular function and reproduction are responsible for the rate at which the physical body ages. If the cells are not fed correctly, they weaken and produce inferior cells which accelerates the aging process. This, in turn, sets up the body for susceptibility to infections and disease.

The lymph system has no contraction and depends on the expansion of muscles during movement to squeeze the lymph through the vessels. Ordinary movement is sufficient to keep the flow moving; however, when the nodes are over worked by fighting infection, stronger stimulation is required to aid the flow of lymph fluids through blocked vessels and to aid in flushing the toxins out of the system.

Many of the major lymph nodes lie at the junction of the leg and the lower abdominal cavity. The movements of many of Ba Gua's exercises give strong stimulation to this area, thereby increasing the flow of lymphatic fluids through the system.

EFFECTS OF PA KUA EXERCISES

- **REDUCES STRESS * IMPROVES BALANCE INCREASES STRENGTH * LOWERS BLOOD PRESSURE * REDUCES BODY FAT * FLUSHES LYMPH SYSTEM**
- *** INCREASES FLEXIBILITY * PROLONGS LIFE SPAN * STRENGTHENS HEART**
- *** INCREASES ALERTNESS * BENEFITS RIGHT & LEFT BRAIN**