

# Australian Academy of Tai Chi & Qigong's 43<sup>rd</sup> Annual Seminar

## Brisbane - 6th, 7th & 8th September 2019

Holy Spirit Hall - Villiers St New Farm

### FRIDAY 6<sup>th</sup> Sept.

#### 7pm to 8.30pm - A MINDFULNESS MEDITATION and a SOUND IMMERSION session.

*with Senior Master Rod and Grandmaster Gary Khor.*

Enjoy the inner tranquillity of energy meditation. Cultivate energy sensitivity and regulate your own Chi (energy) through these Qigong arts. The Grandmaster will lead you through a wonderful guided meditation and Master Rod and friends will immerse you in a bath of sound. We will finish off with some appreciation of Chinese Tea and social interaction.

### SATURDAY 7<sup>th</sup> Sept.

8.00am - 9.00am **Optional Tai Chi in the Park with Master Rod (only \$5, not included in seminar price)**

Join us by the river at the end of Brunswick St in New Farm Park to enjoy Lohan Warrior 1 & 2 Qigong

#### 9.30am to 12.30pm - QIGONG: Sound Vibration & Qi Meridian Cleansing

*with Senior Master Rod and Grandmaster Gary Khor.*

**Instant Mindfulness:** A synthesis of biofeedback & sensing martial art technique popularized by Bruce Lee.

**Intrinsic energy:** A Qigong training technique to develop internal strength and chi energy.

**Workshop:** Micro-orbit & Sound Healing Qigong - **Health Benefits:** Body-mind energising, each sound resonates with specific internal organs, Stress release, Trauma and Pain management, Better breathing and Sleep Apnoea healing.

#### 1.30pm to 4.30pm - TAI CHI: Core Skills for Balance, Mobility & Healthy Ageing

*With Senior Master Rod and Grandmaster Gary Khor.*

**Foundation Skills:** Uprightness, Mindfulness, Centredness, Flow, Grounding.

**Six Harmonies:** Upper-Lower, Inside-Outside, Left-Right, Forward-Backward, Legs-Arms

**5 Key principles:** Calmness, Agility, Qi-Breathing, Intrinsic Energy, Focused Power

**Practice:** Grounding, Mindpower & Centring; Waist/Hip, Arms/Hands using Tai Chi flow patterns.

**Health Benefits:** Balance & Harmony, Coordinated Mobility, Falls Prevention, Fitness and Strength.

### SUNDAY 8<sup>th</sup> Sept.

#### 9.30am to 12.30pm - CHINESE HEALTH, Nutrition & Acupressure Massage

*with Master Aaron Khor and Grandmaster Gary Khor.*

**Health & Well Being:** Chinese nutrition and herbal remedies protect against seasonal infections and boost immune system. How to use Yin/Yang & Five Elements principles to strengthen your health and longevity.

**Acupressure & Chinese Massage:** Learn how to locate key Acupressure points to treat headaches, shoulder and back aches. Learn Pulse Reading to know which organ systems are stressed.

#### 1.30pm to 4.30pm - TAI CHI Health Application & Self Defence

*with Senior Master Rod, Master Aaron and Grandmaster Gary Khor.*

Tai Chi is recommended by health organisations and authorities all around the world and can be practiced at any level of: health, fitness or indeed any age. **Tai Chi Self Defence:** Learning self-defence application in Tai Chi movement will help you understand the how and why of Tai Chi movements. It will improve your movement quality, postures, stances, co-ordination, balance and mobility. Techniques include the eight key Tai Chi hand movements and five footwork stances. In addition, you will learn defence against being snatched, grabbed, or mugged, plus how to kick, punch and jab properly. Non-aggressive and lots of fun!

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