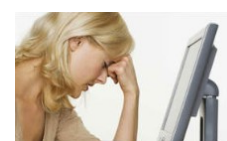
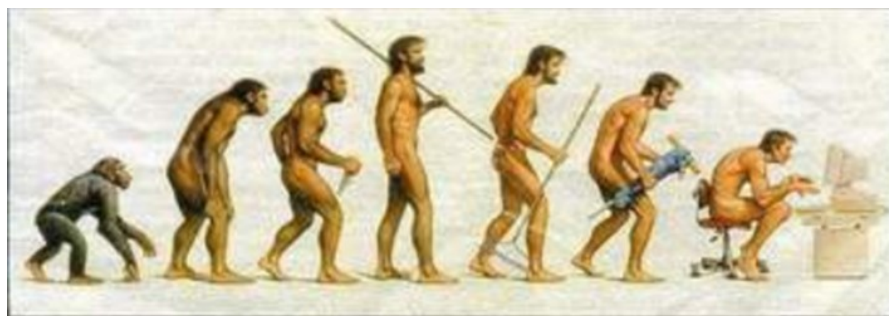




AATC
AUSTRALIAN ACADEMY OF TAI CHI



**Living
Chi**



So What Went Wrong !

Life was supposed to get better and easier with modern technology, but something seems to have gone wrong. We are now working longer hours and under more and more stress just to stay ahead.

SEEK the Tao. Tao is the way of living in harmony with nature and the universe. It's way of going with the flow is an effortless way of being (*Wu Wei*), which leads to a more relaxed lifestyle, bringing happiness and fulfilment. Tai Chi is an integral part of the Tao, an exercise system based on the dance of yin and yang. Practice daily and you will gradually achieve relaxation, peace and harmony, and freedom from stress.

YANG-SHENG: *Life Nourishing*, is the Taoist way to stay healthy in mind, body and spirit. It include :-

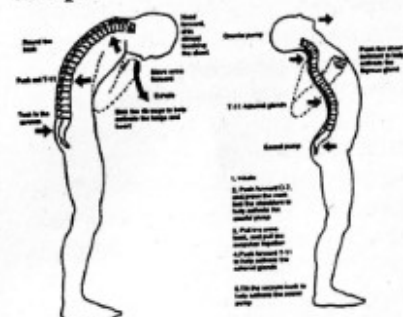
1) Mindfulness Meditation 2) *Tai Chi* 3) *Qigong Exercises* 4) Herbs and Nutrition 5) *Massage*.

In the upcoming seminar/retreat, the key ingredients of life nourishment will be explored. A special feature at this year's seminar is *Tendon/Bone Neigong*, an art of generating qi energy to strengthen bones, plus how to discharge qi as an explosive force in self defense application. One little known fact is that stretching our tendons is more useful than stretching muscle, because tendons outlast muscles by many more years.

Other skills include Opening the sacrum in the tail bone and the *Door of life* in the lower back, and strengthening the immune system with Spinal cord breathing. Technique in grounding, energy extracting, centring, and exercises to power the diaphragm, coccyx, sacral and cranial pump. Techniques in bone breathing and bone compression stimulate blood cells growth in the bone marrow. These little known health techniques and other skills are practiced by ancient Taoists.

- How to open energy gates in the body and direct energy into joints.
- How to set the Hip and sacrum to increase balance
- How to manoeuvre energy to strengthen knee and ankle
- How to integrate Earth & Cosmic forces with human energy system.
- How to access your Connective Tissues, Tendon and Muscles

5. Spinal Cord Breathing



ACHES & PAINS : The stresses of modern life often first affect the joints (arthritis) and particularly the spinal vertebrae (back problems). Stress on the spinal cord obstructs the flow of chi. These obstructions further affect the organs, glands, and immune system, eventually leading to illness. *Tendon Neigong* are employed to lead chi energy into the joints to strengthen and heal. Small internal movements generate chi and tendon power while big external movements generate muscle force. The inner rotation of the joints and tendons must be performed slowly, using the mind to guide the chi to the joints and tendons.

SEMINAR /RETREAT PROGRAM

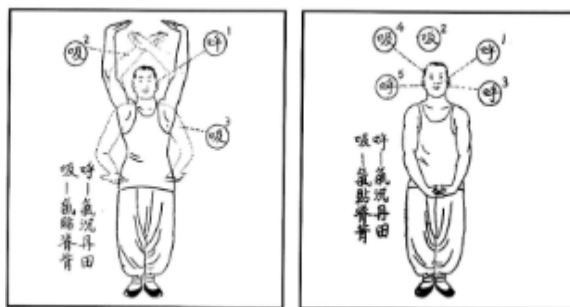
8th September Saturday

9.00am -12.30pm: Qigong

Six Healing Sound Qigong (with Movement techniques)
Microcosmic Qigong (with Breathing & Acupoints/charkas)
Medical Qigong for Stress Control & Healing

1.30 - 4.30pm Inner Skills & Tai Chi L1-L6

Health & Martial art techniques in Grounding, Centring, Tendon & Bone Neigong, Spiralling Power, Bone Breathing, Footwork, Waist/Hip, Arms/Hands, Mind/Chi power, Self Defence applications.



9th September Sunday

9.00am -10.30am Chinese Health & Well Being

How to use Chinese nutrition, herbal remedies to protect against seasonal infections, boost your immune system, reduce cell inflammation, and neutralise free radicals.

10.45 -12.30 Acupressure for Common Ailments

How to locate key Acupressure pts and massage techniques to treat headaches, shoulder, backaches. Learn massage techniques to balance your energy and prevent illnesses.

1.30 – 3.00pm Qigong & Tai Chi healing for Cancer, Pain Management, PTS stress

Mindfulness & balance techniques - clear mind/calm heart. Successfully applied in Brisbane hospitals, Master Rod will guide you to explore/practice your Tai Chi & Qigong skills mindfully and with deliberate intent. You will feel physically, mentally and emotionally connected as you experience each technique.

**SUNRISE & SUNSET TAI CHI Practice Tai Chi & Qigong on the Beach & Grassland
Tao Yin, Baduanjin, Five Animal Frolics, Shibashi Qigong, Lohan Qigong, Tai Chi Sets.**

ENSUITE PACKAGE – \$ 700 before 21st Aug. (\$780 thereafter) (*Workshops +2 nights' Room & Meals*)

CABIN PACKAGE – \$ 620 before 21st Aug. (\$690 thereafter) (*Workshops +2 nights' Room & Meals*)

Two Day Workshops \$500 before 21st Aug. (\$555 thereafter) (*Workshops + lunch & Tea Sunrise & Sunset Tai Chi*)

Saturday Workshop \$290 before 21st Aug. (\$330 thereafter) (*Workshops + lunch & Tea, Sunrise & Sunset Tai Chi*)

Sunday Workshop \$250 before 21st Aug. (\$270 thereafter) (*Workshops + lunch & Tea, plus Sunrise Tai Chi*)

Half Day Workshop \$150 before 21st Aug. (\$185 thereafter) (*Workshops + Tea plus Sunrise or Sunset Tai Chi*)

“China Tour with Grandmaster Gary Khor” 15 - 29 Sept 2018

China's Atlantis underwater city **Wudang Mountain**– Training with Taoist master
Mount Qingcheng - Ancient Taoist Resort **Hangzhou** - Magical lake garden paradise
Emei - Lohan & Vibration Qigong training **Qiandao Lake** - Thousand islands Cruise
Guiyang – Walk the beautiful valley and then into the largest waterfall in China

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