



**Our** modern world is fast and busy and seems to be accelerating all the time. The information overload and speed of changes brings untold pressures and confusion. We can all too easily find ourselves worrying through the day, concerned about some health problem, overwhelmed by pressures of work, or preoccupied by some item from the relentless bombardment of media information. How do we manage such pressure? How do we manage our physical, mental, emotional, and spiritual needs?

### **Mindfulness & Tai Chi For Pain Relief**

Harvard Medical School experts are recommending *Mindfulness* and *Tai Chi* to help you get relief from painful conditions. Stress reduction expert Jon Kabat-Zinn, "*Mindfulness* exercise as the best form of meditation for pain conditions". . "You don't have to like it, you just have to do it," he explains in his book. "Whether you find the body scan to be very relaxing and interesting or difficult and uncomfortable or exasperating is irrelevant to whether it will serve you well." The goal of the body scan is not to relieve the pain completely, but to get to know it and learn from it so you can manage it.

**TAICHI** Practicing Tai chi can help prevent degenerative illnesses. It stimulates circulation, aligns misplaced bones, mobilizes the joints, stimulates and maintains vital organs, and improves balance and coordination. It improves the breathing, which revitalizes body and brain. Tai Chi is a holistic practice which trains the mind to focus and concentrate. It widens sensitivity and the capacity to feel, so that people who practice become more awake, alive, and responsive.

**QIGONG** Practicing qigong brings a sense of wholeness and well-being, because it stimulates the interacting system of body and mind. Qigong exercises increase mobility of the body's joints; stretch and tone muscles, tendons, and ligaments. It stimulates the mind and brain sharpening mental acuity, observation, and concentration.

**YIN YANG POLARITY** The concepts of yin and yang underlie every movement in Tai Chi and Qigong. Lifting an arm up opens the posture, while lowering the limbs, squeezes and closes the posture. Change is a constant in our lives. Nothing is fixed, however solid or permanent it may seem. The inter-relationship between change and harmony is the guiding principle behind tai chi, which seeks to establish a dynamic equilibrium between the two.



**Meditation = Mind in Focus (Not Thinking; Mind Disengaged)**  
**Qigong = Meditation + Breathing (Mind leading breath and energy)**  
**Tai Chi = Meditation + Qigong + Bodily Movements**

### **TAI CHI & QIGONG WORKSHOP with Grandmaster Khor**

**EIGHT GOLDEN TREASURE** was practiced by ancient Taoists to strengthening bones and muscles, regulate respiration and circulate Qi energy. Each of the 8 movements is related to different internal organs such as the liver, stomach, spleen and heart, and practiced to treat specific medical problems.

**TAICHI** Grandmaster Khor will guide you through Shibashi and Tai Chi movements, and show you how to align posture, breathing, and mental focus. Include applications for health and Self Defence.



**Sunday 19th Nov. 1.30 to 4.30pm**

**Pioneer Hall, 84 Church St. Wollongong**

**Cost : \$ 55.00 (Early Bird Price) or \$65 (At Door)**

**Bookings: 4256 3800 4261 8452 4284 1109 0422 932**

## Tai Chi & Qigong Instructor Training Courses Now Available

Established since 1976, the Academy offers professional Tai Chi & Qigong instructor training courses and business franchise. Courses offered vary from Intensive weekend course to comprehensive 3 years course.

### Mind Body Spirit Festival

Grandmaster Khor, Master Aaron and Instructors will be presenting Tai Chi workshop and Demos at MBS festival. Sydney Showground, Sydney Olympic Park, Homebush.

Thursday 26th Oct. 11.30am to 12.30pm    Friday 27th Oct. 10.30am to 11.30am

Saturday 28th Oct. 10.30am to 11.30am    Sunday 29th Oct. 10.30am to 11.30am

### “Tibet-Shangri-La-Stone Forest Tour”    7th - 21st April 2018

A trip through China with Grandmaster Khor is an unforgettable experience. A magical journey full of adventure, in-depth sightseeing, health banquets, rejuvenation massages, spectacular live Shows, plus meeting and training with Taoist masters. It's a magical cultural experience you will never forget!

**Airfares, Hotels, Meals, Sightseeing all included in \$5299**

Tour Tibet's beautiful wonderland and discover the mystical culture of Tibet. Visit Shangri-la and cuddle a baby panda! Visit Dalai Lama's *Winter Palace* and see Tibetan Monks practise their fame mental skills. Walk through nature's *Incredible Stone Forrest*. Stay in the Lost City of *Shangri-la*. Explore the ancient city of evergreen *Lijiang*. Visit *Jade Dragon Snow Mountain*. **Tai Chi lessons with Grandmaster Khor**



Dalai Lama's Winter Palace



Cuddle a live Baby Panda

### Mountains - Lakes Tour of China    16<sup>th</sup> to 30<sup>th</sup> Sept. 2018

**Walk down the valley of the largest waterfall in China, then go inside the waterfall and see the underground cavern, and ascend the valley but on escalators to a bonsai garden.**

**Sail through the Thousand Islands lake, and tour the underwater Lion city.**



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