



Tai Chi's moving meditation increasingly in the spotlight

Harvard Medical School declares “ Mindfulness Improves Heart Health”

MEDITATION & MINDFULNESS Contemplation, wisdom, mind-fulness, healingthese words are now common parlance in education, business and the media. Meditation practices are regarded as new solutions for well-being and the fight against the negative, stressful and dehumanized aspects of urban life. More and more people around the world are meditating. Meditative practices are increasingly being used in healthcare, schools, and business, supported by the many scientific studies into it's benefits for health and well-being.....the magic we've been waiting for.

As for exercise, if it were available as a pill, experts say, everyone would be taking it. One reason is that exercise is very good at defusing stress. During exercise, stress hormones are burnt off just as nature intended, instead of letting them pile up. Regular exercise helps you ward off everyday stress. What's more, slow rhythmic and mindful movements exercises such as Tai chi and Qigong elicit the relaxation response, and helps regulate blood pressure and the immune system.

A Tai Chi and Qigong session will leave you feeling calmer and more centred. Four components are triggered: movement, thought, sensation, and feeling. Slow mindful movements generate neurons in the brain which maps the sensations created in the body, particularly beneficial to people with strokes, children with cerebral palsy, and even autism. **Slowness of movement is the key to awareness, and awareness is the key to learning.** We can eliminate a lot of muscle tension in the body by using awareness to spot tense muscles that are not necessary for that movement. As awareness, sensitivity, and consciousness expands, healing automatically follows.

NEW WEBSITE

we have a new website up and running called **Khor living chi**.
Web: www.khorlivingchi.com.au.

This website has listings of AATC classes nationwide plus New Zealand. The website lists all upcoming events, including china tours and workshops. Academy merchandise are listed under the “merchandise” tab. To purchase AATC merchandise, merely select and add it to your order. Then scroll down to the bottom and fill in the form. Click send and we will contact you for payment.



Please address all future e-mails to aatc@khorlivingchi.com.au . The old e-mail address will gradually be phased out. You can subscribe to newsletters at the bottom of the website page by typing in your e-mail. There is a new feature called “**Online Videos**” based on a monthly subscription which have a number of DVDs you'll be able to watch on your mobile or tablet. **Please help to spread the word about our new website, thank you.**

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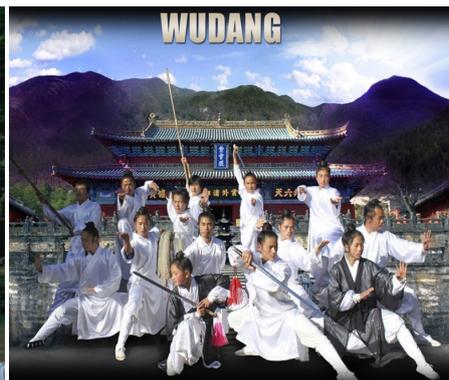
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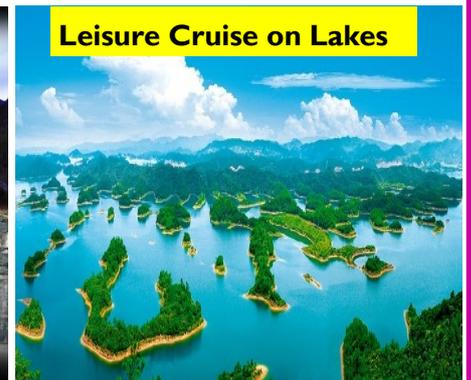
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