Tai Chi and Chronic Pain.

Tai chi is a low-impact, slow-motion, mind-body exercise that combines breath control, meditation, and movements to stretch and strengthen muscles. Medical qigong approach to Chronic pain treatment utilizes acupressure massage on Acupoint and controlled stretching along Qi energy meridian. Tai Chi worldwide has a huge following, and will continue to grow as more and more people discover its many healing qualities. However, few people venture beyond practic-ing Tai Chi to enjoy its relaxing quality and nonstrenuous fit-ness, which is a pity as there is a wealth of other healing bene-fits and skills waiting to be discovered.

On this 40th Anniversary of the Australian Academy of Tai Chi, a weekend Retreat at Collaroy fea-tures training workshop on Tai Chi, Shibashi, Posture Qigong, Internal energy development, Acupressure Massage, Pulse Reading, Yin Yang Nutrition, and Qi meridians. For details see seminar program.

RETREAT LOCATION: Situated opposite the Collaroy Beach and backed up to a forested hill is the perfected location for a tranquil weekend of learning and practising Tai Chi, meditation and massage. Secluded away from the hustle & bustle of work and daily routine, it is the perfect place to unwind and release pent up stress, lay back and practice your skills with likeminded people, and learn advance techniques from the experts.

SUNRISE & SUNSET TAI CHI Outdoor Tai Chi sessions at beautiful sunrise & sunset is the optimal environ-ment to lift your spirit, and exercise your body-mind, and be transported to a new uplifted state of consciousness.

A great opportunity to cultivate your “Three Precious Treasure” :-

Jing (essence)  Train the physical body including bones, muscles, sinews and tendons.
Qi: (breath, life force)  Mobilize blood and Qi energy to nourish internal organs.
Shen: (mind-spirit).  Refine Qi energy to nourish brain, rejuvenate lymphatic & immune system

LYMPH PUMP & IMMUNE SYSTEM

The lymph fluids are moved primarily by tiny muscular expansions and contractions. The NEW qigong tech-niques presented here in the seminar will employ some of the strongest motions where the largest lymph nodes are located; i.e. the armpits, the backs of the knees, and the inguinal region. The Qigong’s relatively fine muscular expansions and contractions will move lymph efficiently through the entire system. These ac-tions, as well as the overall increase in chi that qigong brings, strengthen the body’s immune response
SYDNEY WORKSHOP/RETREAT 3rd-4th Sept 2016


3rd Sept 2pm - 5pm Applied Tai Chi for Healing & Falls Prevention Western health is often preoccupied with numbers and linear progression; calories, steps, number of repetitions, how fast, etc. Tai Chi’s holistic approach is based on (Zen) mindfulness, feeling and awareness. This not only uses the brain in an entirely different way but also improves neuromuscular facilitation and mechanical efficiency that reduces wear and tear that leads to premature aging. Through functional elongation of our connective tissues we can maintain suppleness to preserve our vitality and independence.


1.30pm - 4pm Inner Energy, Power Tai Chi, Qi Cultivation & Push Hands Neigong - how to cultivate Qi and internal power. Using internal movement to direct external motion. The external appears to be soft and relaxed, while internally ‘neijing’ (internal energy) is created and circulates throughout the body for health and power. Sensitivity to the Qi is developed in Push Hand exercise and use in ’Fajin’ - a sudden burst of energy like the striking power of a snake.

Three external connections : shoulder + hip, elbow + knee, hands + feet
Three internal connections : heart + mind, internal qi + external strength, tendons + bone.

ENSUITE PACKAGE – $675 before 21st Aug ($780 thereafter) (2 nights Room & Meals)
CABIN PACKAGE – $595 before 21st Aug ($690 thereafter) (2 nights Room & Meals)

2 Day Workshops ($495 before 21st Aug) ($555 thereafter) (lunch & Tea, Sunrise & Sunset Tai Chi)
Sat Workshop ($270 before 21st Aug) ($330 thereafter) (lunch & Tea, Sunrise & Sunset Tai Chi)
Sunday Workshop ($230 before 21st Aug) ($270 thereafter) (lunch & Tea, plus Sunrise Tai Chi)

Half Day Workshop ($140 before 21st Aug) ($185 thereafter) (Tea plus Sunrise or Sunset Tai Chi)

Payment Methods: Cash, Cheque, Money Order, Visa, Master card, or direct Bank Transfer

Make payment to "AATC" P.O. Box 1020, Burwood North, NSW 2134
To book, Phone (02) 9797 9355 Email: aatc@optusnet.com.au Web: www.livingchi.com.au

$50 deposit is non-refundable if you cancel for whatever reason.

Australian Academy of Tai Chi Tel: 02–9797 9355
Email: aatc@optusnet.com.au Web: www.livingchi.com.au

Aaron Khor Gary Khor Rod Ferguson