



NEW SOUTH
WALES
NEWSLETTER

TERM 1 - 2012

POWER OF THE DRAGON'S CHI

In Western culture, the dragon is often depicted as a malevolent serpentine creature that breathes fire or poison ; whereas in Chinese culture, *Dragons* are revered as benevolent spiritual creatures with supernatural power. They represent the positive forces of nature, and are associated with wisdom and longevity. They reside in water, rivers, rainbows etc.



Irrespective that the Chinese dragon is a mythical creation of the ancient Chinese minds, in this *water dragon year*, billions of people throughout the world will be psychologically energized to pursue their dreams and aspirations. And with the current turmoil the world is in, the dragon mythology may just be the injection needed to lift us out of the quagmire, and in the process prove once again that the dragon spirit is supreme.

2012 is named year of *Water Dragon*, based on ancient Chinese astrological Feng Shui chart . The forecast is for great potential of Wealth and Happiness, but also big disasters. The presence of the dragon always ensure great happenings. (*For your personal Feng Shui horoscope , phone (02) 9797 9355 or email : fs@optusnet.com.au*).

Up in the pristine Wudang Mountains where paradise is almost visible, the Feng Shui art is practiced religiously by the Taoist who live there. Feng Shui to them is living knowledge of the *Great Nature* (environment), and they live their lives in accordance with it. It was in this nature paradise that Tai Chi was created by the legendary Zhang San Feng. There on Wudang mountain, living past the age of 100 is regarded as normal, stress and obesity is unknown. Great temples and palaces have been built into the mountain by Chinese emperors throughout the ages. Waterfalls, streams and lakes flow through the valleys, and 570 peaks leads the way to heaven. (If you want to visit this Taoist paradise, join our *April 2012 China tour*. details next page).

Deep meditation can produce complete relaxation of body and mind. Just ten minutes of it is found to be more refreshing than hours of restless sleep. We look forward to the visit in August of Taoist Master Zhao who will arrive from Wudang mountain to instruct us in Taoist Qigong & Meditation skills, Taoist art of Life Nourishment , Temple Tai Chi of Zhang San Feng, who created the original Tai Chi art. Master Zhao will feature at our AATC September Seminar in Collaroy. He will also be passing on his skills at special weekend workshops and courses.

Meanwhile Grandmaster Khor will officially launch the Five Animals Frolic healing art this year, as well as presenting training workshops on the Immortal Flute and Wushu Pole.

FLUTE 1 WORKSHOP with Grandmaster Khor

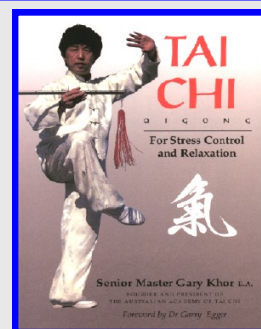
Saturday 3rd March 2012 (1.30pm—4.30pm)

Drummoyne Public School, Rawson Street, Drummoyne.

Cost: \$55.00 (prepaid by 20th February) or \$65 at door

Booking 9797 9355 email : aatc@optusnet.com.au

NO Pre-requisite : All Welcome



CHINA -TIBET TOUR 8th–21st April 2012

Discover the mysterious wonders of this ancient land with Grandmaster Khor on a journey of fascination and excitement. A unique opportunity to learn and practise Tai Chi Qigong with Grandmaster Khor on the Great Wall & TIBET !



GREAT WALL - Tai Chi & Picnic on Great Wall

BEIJING - Bird's Nest Stadium, Forbidden Palace,
Empress Palace Garden Peking Duck Banquet

TIBET - Great Winter Palace , Lama Monastery,
Street Market, Grassland, Mountain Lake

WUDANG - Training with Taoist Monk, Immortal Mountain

XIAN - Terracotta Army, Empress Wu Feng Shui Musoleum

Plus Live Kung Fu Show + Tang Dynasty Show

Option: Fantastic Wudang Tai Chi Live Show !!!

**LAST 5
PLACES**

COST \$4999 : include Travel, Meals,
5 Stars Hotels, Sightseeing , Visa

Enquiries : (02) 9797 9355

Email : aatc@optusnet.com.au



Bird's Nest Stadium



Workshop with Grandmaster Khor

Tai Chi - Shibashi & Meditation

Learn how to meditate correctly and fine tune your movements and breathing.

Learn why and how each movement & breath benefit your mind body & spirit.

Gm Khor explain the Yin Yang principle of Tai Chi and demo Self Defence application

Cost : \$ 49.00 (prepaid before 1st March) or \$59 at door

Saturday 10th March 1.30 pm to 4.30 pm Polish Hall, Chatham St., BROADMEADOW (02) 49422952

Sunday 11th March 9.30 am to 12.30 pm Long Jetty Snr Citizen , Toowoon Bay Rd, LONG JETTY TEL: (02) 49422952

Saturday 16th June (1.30 pm to 4.30pm) Ribbonwood Hall, DAPTO. TEL: 4261 8452 4256 3800 4284 1109

Bookings : (02) 9797 9355 Email : aatc@optusnet.com.au Web: www.livingchi.com.au



Instructor Training Courses

Established since 1976, the Academy offered one of the most professional Tai Chi & Qigong instructor's training courses in the world. So successful was the training system that in 1986 the Consul General of the Sydney Chinese Consulate sent two consuls to evaluate it. Courses offered vary from Short weekend course to Comprehensive 3 years course, plus ongoing monthly training with Grandmaster Gary Khor.

For FREE information on these courses, contact the AATC head office

Tel : 9797 9355 or Email : aatc@optushome.com.au

Australian Academy of Tai Chi P.O.Box 1020, Burwood Nth, NSW 2134

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