



TAI CHI

Tai Chi originated in China about 300 years ago but has only in the past 20 years been popularised in the West.

Most people think of Tai Chi as a slow, dancelike activity. However it is much more, incorporating gentle exercise, meditation and martial techniques within its form.

Tai Chi has proved a most effective tool for stress reduction, not only considering the physical but also the mental and emotional needs of the practitioner - encouraging feelings of relaxation, quiet confidence and harmony while at the same time maintaining fitness and flexibility..

Students have reported that Tai Chi improves breathing, flexibility, balance and coordination and encourages more restful sleep. Tai Chi is recommended for conditions such as hypertension, asthma and arthritis.

Scientific studies have shown that Tai Chi reduces stress, improves balance and lowers blood pressure.



QIGONG

This is pronounced (Chi Kung) and is a valuable part of the Chinese people's inheritance. Some say its roots date back to the legendary Yellow Emperor, Huang Ti (2697-2597 BC). Although originally practised as a fitness exercise its other benefits are becoming more widely known, not just for their curative powers but as a preventive against disease. Qigong exercise is easy to do and helps to regulate the nervous system. This art is based on the meridian theory of traditional Chinese medicine and consists of gentle stretching and relaxing movements and breathing techniques. It stimulates life's energy to keep us fit and well.



FOCUS

The aim and focus of the Moving Meditation School is not only to teach TAI CHI and QIGONG as an exercise form, but to give a greater understanding of its underlying principals.

The Beginners Course includes correct breathing techniques, the importance of posture, movement flow, balance, centring and mental focus. The art of visualisation and imagery is practised, as it is an excellent tool for meditation, as well as relaxation.



The Qigong element within Tai Chi is especially emphasised, our school considering it essential to the art and of paramount importance in improving health and the flow of Chi.

Tai Chi and Qigong are taught as a complete health system for body, mind and spirit.

A good grounding is essential for anyone who is serious about learning and understanding Tai Chi. If the foundations of learning are poor, then the Tai Chi will be subsequently lacking.

THE BENEFITS

- Relaxation and Stress Reduction
- Improved Breathing
- Better Concentration
- Increased Flexibility
- Improved Reflexes & Posture
- Improved Mind/Body coordination
- Increased Confidence & Awareness
- Improved Balance

COURSE STRUCTURE

CORE COURSE

■ Tai Chi Qigong - an introduction

This course teaches the basics of Tai Chi and is a pre-requisite for all other forms. It consists of gentle stretching and relaxing movements, which stimulate the life force, our intrinsic energy.

ELECTIVES (on completion of Core Course)

■ Tai Chi Yang Style - Chapters 1- 4

Adapted from the short form created by Professor Cheng Man-Ching

■ Dr. Paul Lam's Tai Chi for Arthritis

(Endorsed by the Arthritis Foundation of S.A.)
This form has been specially created by Dr. Paul Lam together with other experts to help people with arthritis gain better control of their condition.



■ Tai Chi Yang Style - 108 Forms

■ Competition Forms

- 42 forms Combined
- 73 forms Sun Style
- 36 forms Chen Style



■ Push hands and martial application

■ Weaponry

- 32 Sword forms
- Tai Chi Fan forms

■ Tai Chi Wu Hao Style

(This form has been specially created by Master Peter Wu)





Technical Advisers

Dr. Paul Lam:

Tai Chi for Arthritis and Competition Forms

Master Peter Wu:

Wu Hao Style

In addition to learning the Tai Chi and Qigong forms the term programme includes:

Essential exercises

for coordination, flexibility, inner strength and balance.

Breathing exercises and meditation

for the development of Chi (energy of life), vitality and improvement of mental, physical and emotional health.

Missed Lessons

If you are unable to attend your normal class you may, at no additional cost, attend another venue to make up your missed lesson.

Each class is conducted with the particular needs of the students in mind, therefore the make-up lesson may vary slightly from your regular class.

It is part of the school policy that students with no experience of Tai Chi are offered an

OBLIGATION FREE FIRST LESSON

- Corporate, commercial, school and private classes designed to individual requirements.
- Community group, fair, fete and special demonstrations by our Performance Team Tranquillity arranged on request.



(All classes are subject to sufficient enrollment)

South Australian founder and Principal Teacher of The Moving Meditation School of Tai Chi & Qigong.



Rosemary Palmer

B.A.Psych., Soc.
Accredited Coach

Committee Member
Tai Chi Association
of Australia (S.A.)

Member
Active Australia, Active Aging
Arthritis Foundation of Australia

Rosemary has been studying the art of Tai Chi and Qigong for many years and teaching it professionally since 1986. She has been fortunate to have trained with several excellent teachers whose considerable skill, encouragement and friendships are highly valued.

Rosemary has given many workshops, seminars and public lectures on the philosophy and skill of Tai Chi and Qigong. She continues to travel extensively both within Australia and overseas to develop and refine techniques from which you, the student, gain maximum benefit and enjoyment.

This unique health programme is taught with assistance of other dedicated and professionally trained teachers.

Now you are able to benefit from their experience and skill by joining one of the classes and take advantage of this opportunity to try TAI CHI QIGONG and follow on with one of our many elective courses.

The following videos are available to assist with your home practise.



Fees non-refundable unless supported by medical certificate.
Course details correct at time of publication January 2003

TAI CHI and Qigong



The Ancient Chinese Art of Health, Harmony and Well-being



Moving Meditation
School of Tai Chi and Qigong

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