



Two Day Workshop 22nd-23rd May

presented by

Grandmaster Gary Khor

Venues:

22nd May - Estonian Hall, Childers Street, North Adelaide

23rd May - Mitcham Cultural Village, Cnr. Torrens & Princes Rds.

Arrive 9.30 am for 10.00 am start - 4.00 pm (both days)

SUITABLE FOR BEGINNERS & ADVANCED STUDENTS

Grandmaster Khor founded the Australian Academy of Tai Chi in 1976. He is often referred to as the "Father of Tai Chi" in Australia.

An International Tai Chi & Wushu Judge (China), and Senior Advisor to the Sydney Health Unit on Falls Prevention, he has authored numerous books and DVDs. Highly skilled in Tai Chi, Qigong and Wushu, he is the creator of many Tai Chi and Qigong forms. Grandmaster Gary Khor has a way to make Tai Chi & Qigong easy for everyone to understand. His workshop is both practical as well as entertaining, and you will leave inspired with knowledge and information to last you a lifetime.

Saturday, 22nd May: Shibashi X: Created by Grandmaster Khor to address stiffness, aching joints, tense muscles as well as improving balance, prevent falls, diabetes, arthritis, blood circulation, lymphatic System, breathing etc. Drawn from movements that include techniques from Tai Chi, Tao Yin, Praying Mantis, Wild Goose and Wushu, it is the distillation & synthesis of a lifetime study of Chinese health exercises. If you had previously attended the Introductory Shibashi X course with Rosemary Palmer or are learning it, this workshop is a must. A rare opportunity to learn directly from the creator .

Sunday, 23rd May: Improve Your Tai Chi Skill and Understanding.

Tai Chi movements when performed correctly promote energy/blood circulation, quiets the mind and regulates emotions. Grandmaster Khor will explain the key principles of Tai Chi and how to cultivate : True Relaxation, Yin & Yang balance, Emptiness/Fullness, Slowness/Evenness, Rooting/Sinking, Coordination, Centering, Breathing, Form/Structure, Internal Skills, Energy and Martial Application.

Cost—2 days: Moving Meditation and TCAA members: \$250 Other: \$280

Cost—1 day only: \$160.00 (inc GST) Fees include morning and afternoon tea—BYO lunch.

Earlybird: \$20 discount (if paid before 16th April).

TAI CHI WORKSHOP REGISTRATION FORM

To Register: Please mail completed registration together with the workshop fee to:

Moving Meditation School of Tai Chi & Qigong, PO Box 90, Morphett Vale, South Australia, 5162.

For further information Ph. (08) 83817969 or Email: moving@chariot.net.au

Name:

Ph. No.

Address:

Email:

Payment (please circle): Moving Meditation/TCAA member \$250 / \$230 Others: \$280 /\$260

One day only: \$160 / \$140

Cheques can be made payable to Moving Meditation School of Tai Chi and Qigong