

Tai Chi and Qigong: A Look beyond the Practical

Presented By



welby
Holistic Healing

**LIVE Seminar Series - 1
August to October 2020**

Tai Chi and Qigong offer us so much more than simply moving our bodies. Each discipline has a complex history, is embedded with rich philosophical concepts, stories, mysteries and practicalities. Both have their roots in the Yellow Emperor's Inner Classic dated from the 3rd Century BCE, and grew up on the famous mountains of China including Song, Wudang, Emei, Hua and Tai.

Why do you need to know more than the routines? Because the theory behind them, how to research more information, what they are based on, where their philosophical, canonical and medicinal roots are will continue to influence and develop your practice for the rest of your life.

So, join us on the start of this fascinating journey into what lies behind and beyond the basic practice of any Routine.

Session 1 – 23 August with Tara Brayshaw
Yang's 10 Important Points of Practice for Taijiquan... Plus a Few More!

What are "The 10 Important Points of Practice" and why are they so "Important"? Learn about these pivotal concepts along with a few others.

Session 3 – 20 September with Sifu Peter Eves
Qigong and Taiji – What Meridian and Acupoint is That?

We all know there are Meridians and Acupoints but what do they do and where do I find the special ones my teacher talks about in class? Find out in this fun and informative seminar.

Session 5 – 18 October with Sifu Lily Liang
Basic Mandarin Terms for Taiji and Qigong Practice.

Have you tried looking up something about Taiji and Qigong on Google and can't understand a lot of the terminology. In this entertaining session, learn some of the basic Mandarin terms, how to say them and what they mean.

Session 2 – 6 September with Raymond Lee
Classical Strategies to Implement the Concept of "Sōng" (Relax) into your Practice.

You are always told to relax and release when moving in Taiji. But how do you actually do that while still maintaining power. Get some helpful tips and strategies to achieve your goal.

Session 4 – 4 October with Tara Brayshaw
A Brief History of Taijiquan and how does your style of practice fit in?

When, how and why was Taiji created, and is that what I'm doing now? Learn about the myths and legends surrounding this magical art along with how it has evolved as time went on.

Session 6 – 1 November with Tara Brayshaw
An Introduction to the Chinese Philosophies behind Taiji and Qigong.

Taiji and Qigong are steeped in cultural and philosophical thought from the hierarchical ideas of Confucius to the Yin-Yang of Lao Tzu. Learn a bit about the philosophies and how they influence your practices today in this fascinating session.

- 🌀 Seminars suitable for anyone interested in learning more about the theory behind Taiji and Qigong. 🌀
- 🌀 Sessions will be conducted via Zoom Teleconferencing. 🌀
- 🌀 Numbers will be limited to enable timely interaction. All questions and discussions encouraged. 🌀

Time: Sundays 10.00 to 11.00am inc. Time for Questions
Cost: \$75 for 6 sessions or \$15 per session (JinLi & WELBY members)
\$90 for 6 sessions or \$20 per session (Non-members)
More Info: www.jinli.com.au/whats-on
Enquiries: info@jinli.com.au 0407 941 101
Bookings: www.jinli.com.au/login

Have Fun and Learn at the Same Time. PLEASE JOIN US!