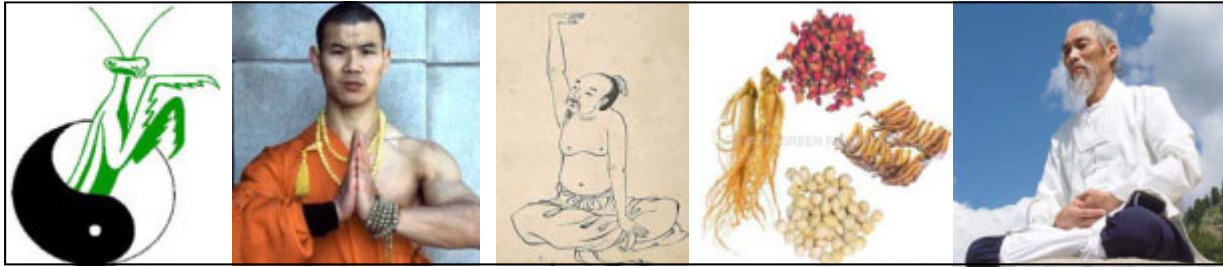


# WUDANG - SHAOLIN SEMINAR

17th - 19th Sept 2010

Suitable for Everyone — From Beginners To Advance Levels



## Taoist & Shaolin martial arts and energy skills practiced by the monks.

Grandmaster Khor show you how to develop your “ Chi ” energy, improve Tai Chi & Qigong skills, learn Traditional Chinese Chi diet, health practice & living skills . Techniques include ways to help you keep flexible, energetic, optimistic and vital throughout all stages of your life. Master Rod Ferguson examines Tai Chi techniques to control and prevent such problems as “arthritis”, osteoporosis, depression, immune deficiency and blood pressure disorders.

- **TAOIST MEDITATION** - Breathing techniques for health and tranquility.
- **SHAOLIN LOHAN** - Mind—Body—Spirit strengthening exercise
- **CHI NUTRITION** - Chinese energy food knowledge for health & vitality
- **CHI MASSAGE** - Traditional folk techniques & Acupressure
- **SHAOLIN YOGA** - Dynamic Shaolin stretching to unblock chi.
- **SHIBASHI QIGONG** - Basic Foundation to Advanced Refinement
- **TAI CHI for ARTHRITIS, DIABETES, FALLS PREVENTION**

**STANDARD Room PACKAGE - \$450** ( \$ 600 after July 31)

**DELUXE Room with Ensuite PACKAGE – \$550** ( \$ 700 after July 31)

Prices include - Accommodation, Meals, Teas, Seminar Sessions

**Workshops (Both Days) :** Workshops , Lunch & Teas **\$ 370**

**Workshop ( Single Day):** ” ” ” **\$ 230**

**Tel/Fax: (02) 9797 9355**

**Email : aatc@optusnet.com.au**

**DIRECT DEPOSIT**  
**BSB : 032279**

**NAME : AUSTRALIAN ACADEMY OF TAI CHI**  
**ACCOUNT NUMBER : 130211**

Or Send cheque to : **AATC P.O.Box 1020, Burwood North, NSW 2134.**

Name.....Phone.....

Address.....

Credit card No.....Expiry Date.....

Email .....

**SEMINAR 2010** 17th - 19th Sept  
**Training weekend with Grandmaster Khor & Rod Ferguson**  
**Collaroy Beach Attendance Certificate**



**SATURDAY 18th Sept**

**Morning Session :** **SHIBASHI QIGONG**  
Tai Chi for Falls Prevention  
Tai Chi Silk Energy  
Tai Chi self Defence for Seniors

**Afternoon Session :** Tai Chi for Arthritis  
Tai Chi for Diabetes  
Tai Chi Training Session

*Sat Evening : Tai Chi Skills Performance*  
*SILK NITE theme : prizes for \* best dressed \* most authentic \*Comedy*  
*China & India Tours Presentation*

**SUNDAY 19th Sept**

**Morning Session : WUDANG SKILLS**  
Taoist Diet \* Herbs \* Tea  
Wudang Tai Chi

**Afternoon Session : SHAOLIN SKILLS**  
Shaolin Qigong  
Shaolin WUSHU

**STANDARD Room PACKAGE - \$450** ( \$ 600 after July 31)

**DELUXE Ensuite PACKAGE – \$550** ( \$ 700 after July 31)

Prices include - Accommodation, Meals, Teas, Seminar Sessions

**Two Day Workshops \$370** (with lunch & tea) (\$400 after July 31st)

**One Day Workshop \$230** (with lunch & tea) (\$260 after July 31st)

**Half Day Workshop \$120** (with tea only) (\$150 after July 31st)



**AUST. ACADEMY OF TAI CHI** **Tel : (02) 9797 9355**

Email : [aatc@optusnet.com.au](mailto:aatc@optusnet.com.au) Web: [www.livingchi.com.au](http://www.livingchi.com.au)

## WUDANG - SHAOLIN CHINA TOUR

9th - 23rd April 2011 \$ 4999 ( Only 8 places left )

- **WUDANG MOUNTAIN** - Training with Taoist monks
- **SHAOLIN TEMPLE** - Training with Shaolin monks
- **YELLOW MOUNTAIN** - Taoist Nature Paradise
- **SUZHOU** - World renown Chinese gardens
- **HANGZHOU** - Lake Cruise & Tea Tasting
- **SHANGHAI** - Visit to EXPO site. .... Future World



## INDIA TOUR 2nd - 15th JAN 2011

Tour Cost \$5200 Approx

Join Grandmaster Khor's tour to India, one of world's most ancient & greatest civilization. Birthplace of Buddhism and Hinduism, Maharajas & great Mughals

- **Delhi** - Historic city of Mahatma Gandhi
- **Taj Mahal** - the 7th Wonder of the world
- **Sikandra** - Mughal Emperor, Akbar the Great
- **Red Fort** of Shah Jehan who built Taj Mahal
- Train journey from Agra to Pink City of Jodpur
- **Mehrangarh Fort** - Steep and dramatic castle fort that resembles "*Lord of the Rings*"
- **Jaisalmer** - The Golden Castle City of the Dune
- Sunset **Camel ride** on the sand dune, follow by
- Village camp fire dinner & dance show
- Ride a camel Hand feed Monkeys **Elephant Ride**



**BOOKING DEPOSIT \$ 500**

Send to : **AATC P.O. Box 1020, BURWOOD NORTH, NSW 2134**

NAME OF TOUR.....

YOUR NAME .....

ADDRESS.....

PHONE.....

EMAIL.....