



## FEES

10-WEEK COURSE:	\$176
CONCESSION:	\$166
17 YEARS AND UNDER (GST Included)	\$146

We welcome payment by cash, cheque or credit card - M/C, Visa, Amex.

You will receive a **free DVD** (duration 59 mins) valued at \$25.00, which complements the course instruction. This introduction to the Hun Yuan Tai Chi system will help you to understand how the system works and benefits you. It will give you an overview of what you will be learning.

*You may attend as many classes per week as you wish at no extra cost.*

## BEGINNERS' SPECIAL OFFER

The Academy's **training manual**, valued at \$26.00, will be yours free if you pay your course fees at your Introductory Lesson (4 - 7 Feb). It is filled with training gems and interesting articles that will inspire you along your way.



*"Tai Chi has greatly improved my posture, fitness and flexibility. Learning Tai Chi with the Academy has been both rewarding and fun, and has taught me much about myself. With its calming and centering effect, Tai Chi is invaluable in my other hectic lifestyle." Peter, Public Servant*

4 February - 11 April 2019 Beginners' Course

# Tai Chi

Highly recommended by many doctors, physiotherapists, chiropractors, osteopaths and health professionals!



## IMPRESSIVE RESULTS

See testimonials on website!

[www.taichiacademy.com.au](http://www.taichiacademy.com.au)

*A wide selection of unique Tai Chi DVDs*

Effective! Enjoyable!

Your First Step to Relaxation and Better Health

As seen on the Foxtel TV series "Let's Get Fit"!

Experience counts - 36 years in Canberra!

*Enhance your daily life with a calm mind, deeper relaxation and improved health.*

*Tai Chi  
Serenity in Motion  
Strength in Relaxation*

# TAI CHI

BEGINNERS' COURSE: Mon 4 Feb to Thurs 11 Apr  
10 weeks duration. All classes are 1 hour & 15 mins.

Bookings are not necessary. **Your first lesson is obligation free.** Wear comfortable clothing and flat soled shoes.

Beginners' classes are held in the following locations throughout the 10 week course. You may attend as many classes per week as you wish at no extra cost.

**KAMBAH** Mon 6.15pm 4 Feb  
Namadgi School Gym, corner O'Halloran Cct & Drakeford Dr. Opposite United Petrol Station. The Gym is adjacent to the tennis courts, closest to Drakeford Dr.

**WESTON** Tues 12noon 5 Feb  
Weston Creek Uniting Church Hall 16 Parkinson St, between the Independent Living Centre & the Children's Centre

**WODEN** Wed 6.15pm 6 Feb  
Canberra College Gym Launceston St, opp Eddison Park (formerly Phillip College)

**DICKSON** Thurs 6.15pm 7 Feb  
Dickson College Gym corner Phillip Ave and Antill St

**ARANDA** Mon 6.15pm 4 Feb  
St. Vincent's Primary School Hall Bindel St



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## WHAT IS THE ART OF TAI CHI?

Tai Chi is a time-proven health art which uses circular, flowing movements to calm the mind and relax the body. Behind the gentle movements is a wealth of philosophy, medicine and science. Also known as meditation in motion, it is the perfect blend of relaxation and activity. Practising Tai Chi exercises the body holistically while quietening the mind.

Internally, the soft, smooth movements massage the organs, improve blood circulation and promote diaphragmatic breathing. Externally, the joints, tendons and muscles are loosened and gradually strengthened.

A stressed mind makes errors and interferes with the healthy functioning of the body. The fluid movements of Tai Chi have a calming effect on the nervous system which in turn helps to relieve stress in daily life.

A calmer nervous system will also assist in regulating the digestive system, strengthening the respiratory system, improving the cardio-vascular system and boosting the immune system. Tai Chi brings about a state of balance and tranquillity which allows the body-mind to heal naturally.

To simply observe people practising Tai Chi is a peaceful experience. They reflect a sense of serenity and well being. After a Tai Chi session, you always feel relaxed, refreshed and content.



## WHAT IS HUN YUAN TAI CHI?

“Hun” means mixed and “Yuan” means circle, so together they encompass everything in the universe. This Tai Chi system specifically focuses on fostering a deep level of relaxation, cultivating energy to nurture oneself and developing natural freedom of movement in the joints.

The Hun Yuan Tai Chi system was developed by Grandmaster Feng Zhi Qiang (1928-2012), one of China's greatest martial arts experts. He has been featured on the front cover of several issues of the international American publication, T'ai Chi Magazine.

In Beijing, Grandmaster Feng had the unique opportunity to learn from two of the most well known and respected teachers of their time, Hu Yao Zhen (1879-1973) and Chen Fa Ke (1887-1957). Hu Yao Zhen was a famous traditional Chinese medical practitioner and an expert in Xin Yi Chuan (Heart Mind Boxing). Chen Fa Ke, 17th generation of Chen Style, was well known for his martial arts prowess. With this knowledge and insight, Grandmaster Feng was able to develop the Hun Yuan Tai Chi system which enables practitioners to achieve noticeable results quickly. Most of all, the practice of Hun Yuan Tai Chi is very enjoyable!

The Academy is proud to pass on this knowledge to you. Its instructors are dedicated to helping you gain the benefits that have made Tai Chi famous. Relaxation, a sense of well being, true freedom of movement and better health are all within your reach!

of Hun Yuan system) and his daughter Feng Xiu Qian.

Brett is the creator and presenter of the television series, “Let's Get Fit”, an innovative exercise program of 65 episodes, based on Tai Chi. This most popular program on Foxtel's Lifestyle channel is the first of its kind in Australia.

The Academy aims to offer its students the very best Tai Chi training at an affordable price.

## WITH REGULAR PRACTICE, YOU CAN EXPECT THE FOLLOWING BENEFITS:

- stress relief
- greater strength, flexibility and true freedom of movement
- better balance resulting in falls prevention
- muscle toning
- improved posture and relief of back pain
- better circulation
- more energy and stamina
- smooth and deep breathing
- improved concentration and clearer thinking
- heightened general awareness
- a more youthful appearance
- relaxation, inner peace and joy



The Hun Yuan Tai Chi form, consisting of 24 movements, takes only 8 minutes to complete. Busy people can easily fit it into their lifestyles.

*“The spiralling motions of the Hun Yuan style have relaxed my joints and strengthened muscles. I now have a suppleness of body that I cannot remember having before. I enjoy a calm mind and relaxed body. An arthritic shoulder condition has improved to the extent that the joint is fully mobile and there is no pain.” Richard, Retiree*

## LEARNING TAI CHI WITH THE ACADEMY

The Tai Chi Academy, which has no religious connections, has been conducting courses at many locations in Canberra since 1982. Its founder is Chief Instructor Brett Wagland.

Brett has studied with well respected teachers, including Grandmaster Fu Sheng Yuan (5th generation ambassador of Yang Style), Grandmaster Feng Zhi Qiang (the founder

of Hun Yuan system) and his daughter Feng Xiu Qian. Its professional instructors have successfully trained thousands of people of all ages and occupations to enjoy the many health benefits of Tai Chi.

The Academy specialises in Tai Chi, Qigong, meditation and internal martial arts. It also conducts [stress management workshops and courses](#) for government departments and private companies.