

Respect in Tai Chi: The Art, Myself and Others



LIVE Seminar Series
March to April 2022

Martial Morality (WǔDé) should be the first thing we all learn as Tai Chi practitioners. It is the cornerstone of traditional Chinese Martial Arts, whereby we combine our thoughts and our actions in everything we do, becoming better human beings as a result. One of the most important components of WǔDé is Respect.

Respect is defined as having due regard for the feelings, wishes and rights of others and of ourselves. In living a respectful life we must balance our own needs with those of the people around us, and in so doing, every individual will have a sense of place and self-worth.

Join us for this exciting journey into what it means to truly understand yourself and those around you.

Session 1 – 13 March

with Dr Hannah Macdougall
More than Able with just One Exception!

Dr Hannah Macdougall is an elite athlete who has competed in cycling and swimming, is a dual Paralympian and Bronze Medallist. Hannah combines her elite sporting career with her work at the Victoria State Emergency Service where she works within the Community Resilience and Communications directorate to build safer communities. Hannah seeks to connect with a diversity of communities through her humour and passion, walking her talk, and engaging people within the realms of disability, inclusion, and resilience. Naturally, Hannah also thinks Tai Chi and Qigong are “legsellent” and help to amplify her life.

Session 2 – 27 March

with Marwa Rida
A Good Person is Good no Matter What but They can Still Get Hurt.

Marwa Rida emigrated from Egypt as a newlywed young bride with an Accounting Degree and 100kg of personal belongings including books. She has gone on to work at the ANU and the UAE Embassy in Canberra, studied and worked in a variety of industries, received recognition for business excellence, and now runs a Lifestyle Design Consulting business “New Life by Design”. She is committed to making a difference for Australians by reducing the bias toward new migrants and people of different religions. She is a mum who wants her children to see the good in all humans.

Session 3 – 10 April

with Dr Kate O’Halloran
All I Want is for you to See me as I See Myself.

Kate O’Halloran works full-time as a digital journalist at the ABC. She holds a PhD in Gender and Cultural Studies, and is passionate about gender equity, ending violence against women and all forms of social justice – with a particular focus on LGBTQI+ communities. Most importantly, she is a proud member of the JinLi Wushu-Tai Chi family.

👁️ Seminars suitable for anyone wanting to know how to respect others in the 21st Century. 👁️

👁️ Sessions will be conducted via Zoom Teleconferencing. 👁️

👁️ Ask all those embarrassing questions and get the answers from the experts. 👁️

Presented by



Time: Sundays 10.30 to 11.15am

Cost: \$5 per session

More Info: www.jinli.com.au/whats-on

Enquiries: info@jinli.com.au 0407 941 101

Bookings: info@jinli.com.au



Have Fun and Learn at the Same Time. BOOK NOW!