

Tai Chi and Qigong: A Look beyond the Practical

LIVE Seminar Series - 2
August to September 2021

Presented
By



welby
Holistic Healing

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 this fascinating journey into what lies behind and beyond the basic practice of any Routine.

Session 1 – 15 August with Dr Lisa Pizaro
Tai Chi and Qigong – The Brain Controls the Movements but the Movements Change the Brain.

Learn how our brain works when we move but also how practising Tai Chi and Qigong changes our brain function in this fascinating session. Expect to do some practical experiments!

Session 2 – 29 August with Raymond Lee
Tai Chi and the Balance of Yin & Yang: Concepts for Finding your Balance and Equilibrium through Movement.

Imbalance causes physical and mental disease and illness. From external to internal, learn how to find your internal balance/homeostasis by experience the "opposites" movements externally using the Tai Chi concepts.

Session 3 – 12 September with Sifu Peter Eves
An Introduction to the 5 Element Theory – What is it and how does it Relate to my Qigong and Tai Chi Practice?

We've all heard of the 5 Elements (Wood, Fire, Earth, Metal and Water) So, how do they relate to your Tai Chi and Qigong practice? Make sure you've got a notepad handy as there is so much more to this than you ever thought.

Session 4 – 26 September with Tara Brayshaw
The Tai Chi Classics: So Much Information to Improve Our Practice... Let's Start at the Beginning!

The Tai Chi Classics encapsulate everything we need to improve and perfect our form but what are they and what do they say? Let's have a look at a couple of them and find out.

- 🕒 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 11.15am inc. Time for Questions
Cost: \$60 for 4 sessions or \$17.50 per session (JinLi & WELBY members)
\$72 for 4 sessions or \$22 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

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