



TAI CHI FOR HEALTH RETREAT

You are invited
to join **Master
Lai Wei Tang** of
Tai Chi for Life

and **Des Blackman** and **Linda Lee**
from Lara Tai Chi for a relaxing weekend of Tai Chi
and Qigong, fresh air and good food at Lake Dewar
Lodge, near Bacchus Marsh.

Both experienced Tai Chi participants and beginners are welcome.



Des Blackman –
National Accredited Coach
130 Flinders Ave Lara
Ph: 5282 1308

Date:

Friday 25th November to Sunday 27th November 2011.
(arrive after 5pm Friday. Leave after lunch on Sunday)

The Program will include:

A **talk** on Friday evening by Master Tang on **Tai Chi for Health**.

Ba Duan Jin: The Eight Section Brocade Exercise is one of the oldest complete ancient Chinese exercise systems, renowned for promoting health and longevity. Its origins date back approximately 1000 years. Still one of the most popular and widely practised health systems in Asia, it's composed of eight simple movements, suitable for people of all ages. Ba Duan Jin is a great way to rejuvenate mind and body and cultivate the body's Chi or vital energies.

24 Form Tai Chi: The 24 Form will be practiced, with a focus on raising awareness of internal energy. We will also look at the martial art application of moves in this form.

Qigong: Qigong is the art of exercising the Jing (essence), Qi (energy), and Shen (spirit). The main purpose of these exercises is to regulate the internal functions of the body through gentle movement, respiration and developing consciousness. Shibashi 1 and 2 are qigong exercises that are easy to follow and learn if you have not done them before. The Swimming Dragon is an ancient Chinese exercise that increases the production of Qi and enhances its circulation throughout the body. It is easy to learn and enjoyable to perform.

Other Forms: During the weekend there will be time to practice other forms such as the Beijing 42 and sword forms depending on the interest.

Venue:

Lake Dewar Lodge is operated by the YMCA and is located near Myrniong, 15 minutes west of Bacchus Marsh, just 3 km off the Western Highway, less than one hour's drive west of Melbourne. Situated in a stunning 250 acre forest setting encompassing steep gorges and pristine rivers. This architecturally designed lodge overlooks the trout-filled Lake Dewar, and sits within acres of bushland alive with an abundant native wildlife. Room configurations range from single rooms, up to dorm-style rooms which sleep up to eight. Melways reference Map 611 E 1.
www.camps.ymca.org.au/htm/htm_lakedewar.asp

Cost:

Includes all Tai Chi activities, accommodation and meals from Friday dinner to Sunday lunch.
\$340 per person; \$310 per person for two or more from the same family; \$315 Student/Pensioner Discount.
\$40 supplement for a single room.

Booking and Confirmation:

A place will be held for you on receipt of the booking form plus a deposit of \$100 or full payment. Full payment will be required by 25th October. Post your booking form with a cheque or money order (payable to Linda Lee) to the address on the top of the next page.

Born in China, Master Tang is a distinguished practitioner of many forms of Tai Chi and Martial Arts. Having toured internationally performing his skills on stage, he settled in Melbourne where his quiet personal style and dedication as a teacher have earned him a dedicated following.

For more details on Master Tang go to: <http://www.taichiforlife.com/>

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Booking form to be sent to:

Linda Lee
Tai Chi Workshop
11 Peck Court
Lara 3212

A confirmation receipt and info sheet will be returned to you after we have received your payment.

Final Payment

Final payments are due by the 25th October.

Refunds and Cancellations

Please notify us as soon as possible if you cannot attend the workshop.

The \$100 deposit is not refundable. Should you withdraw after the 25th of October, a refund will only be available if your registration can be transferred to another participant.

Info sheet

Information on 'what to bring' and 'how to get there' will be sent to you after you have made your booking.

Enquiries:

Linda Lee: 03 5282 3148; glee@iprimus.com.au;

Master Tang: Taichi for Life tel: (03) 9878 7188 email: enquiries@taichiforlife.com



BOOKING FORM

NAME: _____ Male / Female

EMAIL: _____

PHONE: _____

POSTAL ADDRESS: _____

DEPOSIT: Cheques and money orders payable to Linda Lee.

I have enclosed:

- a deposit of \$100 and will forward full payment by the 25th October
- Full payment of _____
- I would like a single room and will pay the \$40 supplement - there a limited number of single rooms and will be allotted on a first come basis.

CONCESSION: _____ *Please attach photocopy of your pension or full time student card*

SPECIAL DIETARY REQUIREMENTS

(Please specify) _____

Signed: _____

Additional requirements or messages _____
