



# Tai Chi News

**TERM 4 2016** MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969  
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Hello Everyone

Once again we are almost at the end of our 2016 year of Tai Chi, with Christmas just around the corner. We have had a great year, sharing our skills and love of Tai Chi with you and thank you for coming along to our classes so regularly and supporting us.

Christmas is such a busy time and it is easy to let our practise lapse. However it is worth spending 30 minutes playing Tai Chi and Qigong at the beginning of the day, it will help maintain balance and allow you to handle and enjoy this wonderful, but sometimes stressful time of the year.



Our Wild Goose workshop was well attended and I hope enjoyed by all. We had a change of venue which limited numbers and although Mitcham is more convenient for our Mitcham class and friends north of Adelaide the Marion venue is more central for most. I am considering a 1 or 2 day workshop next year to teach a slightly longer version of this wonderful Qigong so please register your interest either with myself or our teachers.

We will, as usual be running our park practise sessions throughout the break, with the exception of Christmas and New Year. Dates and times further in your newsletter.

As usual a very big thank you to all our wonderful class assistants who give time so willingly and ensure our classes run smoothly. Also thank you to our teachers, Danny, Diana, Robin, Mardiyah and Elisa who have shared their love of Tai Chi and Qigong, attended regular training and given time to promote our great art. A final thank you to Lorraine who continues to lead the park practise session at Oaklands Reserve, rain or shine and my ever patient husband, Eddie who takes care of the office and accounting side of our school and rescues me when the computer refuses to do what I want it to do, which I may add, is quite often.

I would like to take this opportunity to wish you all a very relaxed and enjoyable Christmas and a Happy 2017.

With my very best wishes, Rosemary

## Teaching Aids

Music CDs	\$26.00
DVD A Beginners Guide to Tai Chi	\$30.00
DVD Tai Chi Chair	\$30.00
DVD Tai Chi Qigong Shibashi	\$25.00
DVD Temple Qigong	\$25.00
DVD Blossoming Lotus	\$15.00
DVD Tai Chi Qigong 2nd Sequence	\$15.00

### TERM DATES 2017

Free Lesson Week: 6th—8th February  
Term 1: 13th February—8th April  
Term 2: 1st May—26th June  
Term 3: 31st July—30th September  
Term 4: 16th October—9th December

