



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 4
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Snr Master Chin Min recently travelled to Launceston to hold a Tai Chi Clinic with the Tasmanian arm of the Celestial Tai Chi College. Instructor Geoff Koh and his wife, Sue, hosted SM Chin Min & Beng Yan during their stay on the Apple Isle.

Free Park Lessons

Saturday 17th August Time: 10:00am to noon Malvern Central Park Malvern Cnr Burke & Wattleree Rds (Melway 59 G10)	Sunday 25th August Time: 10:00am to noon Fairfield Fairfield Park Cnr Heidelberg Rd & Fairfield Park Dr (Melway 30 J12)
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Don't forget that the park lessons also offer a free introductory lesson for anyone who is interested so tell a friend, bring your family

Other Dates: Sept. 30th – Oct. 6th College break
Nov. 15th – Nov. 17th Weekend Retreat

Launceston Tai Chi Clinic – 9th June, 2013

We were very privileged to have Snr Master Chin Min and Beng Yan visit our little island for four days.

Despite the cold June weather, the clinic started off on a lovely Sunday afternoon in a large lawn bowls hall with 19 participants. This warm hall was on top of a hill with a sweeping view of Launceston town below.

The first half hour of the clinic was assigned to the talk on the brief history and philosophy of Tai Chi. Snr Master Chin Min kept everyone rapt and in awe with his extensive knowledge of the Tai Chi evolution.

The next half hour was devoted to polishing some basic Tai Chi movements and stances of the participants. Snr Master Chin Min then taught everyone the Shaolin Chanyuan Qong routine for the following hour. The last half hour was the highlight of the clinic where our flamboyant Senior Master demonstrated his Wild Goose and the ever popular Phoenix Fan routines.

The clinic concluded with refreshments and the opportunity for everyone to mingle and get better acquainted with Snr Master Chin Min.

All in all, it was a milestone for our little Tai Chi branch in Tasmania - it took five long years for a Master's visit. As a gauge to the success of this event, one of the participants quipped "What a knowledgeable man, we must get him back and we must do this more often....!"

My wife Sue and I were very honoured to have Snr Master Chin Min and Beng Yan grace our humble home for three nights too.

Instructor Geoff Koh
Launceston Venue, Tasmania

2013 College Christmas Banquet

The College Annual Dinner Banquet is being held on **Saturday, 7th December, 2013** at the Dragon Boat Palace, 149 Lonsdale St, Melbourne. This is always one of the College highlights of the year, particularly the performances by our Masters & Instructors during the evening.

Birthday Celebrations, Senior Instructor Margaret Rogers

Celestial's much respected Senior Instructor Margaret Rogers recently celebrated her 70th birthday. Margaret has been with the Celestial Tai Chi College for around 20 years and some of her students have been with her for nearly that long. It was only fitting that her birthday was celebrated at several of her classes. Margaret's Ashburton Centre chose to celebrate the occasion with not one, but two birthday cakes along with the dropping in of a few extra tai chi buddies and VIPs. Noel Schmidt entertained the group with a few stories about Margaret and honoured her beautifully. Happy birthday, Margaret, from all your Celestial Tai Chi friends!



Margaret celebrates her birthday with 2 cakes !

2013 China Silk Road Tour - Tai Chi Cultural Trip

Old Silk Road – 15 Day Deluxe Tour, Aug. 20th to Sept. 3rd

The ancient Silk Road linking the continent of Asia and Europe began in Xi'an and ended on the shores of the Mediterranean Sea.

The scenic variety and cultural diversity of this fascinating tour will provide for a truly unforgettable travel experience for those travelling with GM Eng Chor on this year's Tai Chi Cultural trip. We wish you all safe and very enjoyable travels. Should you wish to follow their journey, a detailed itinerary is available on the College website:

www.celestialtaichi.com/about-us/china-tour

Tai Chi Weekend Retreat – 15th-17th November, 2013

This year's retreat will feature **Grand Master Eng Chor** who will share his knowledge, expertise and skills to participants. The retreat is a live-in weekend amongst the peace and tranquillity of the Lake Dewar Lodge, near Myrning, 15 minutes from Bacchus Marsh, situated close to the Werribee Gorge. This is a truly fabulous setting for a weekend of Tai Chi. The program will commence Friday evening and conclude Sunday afternoon. There is also the opportunity to attend as a day participant.

Weekend Participants

Prices quoted is per person (shared accommodation)	Family of 2 or more	Individual
Fully prepaid by 17/09/13	\$350	\$385
Full payment by 5/11/13	\$385	\$420

These prices include accommodation and all meals from Friday dinner to Sunday lunch. **Note:** Single room accommodation is limited, given on a first come, first serve basis. Single room supplement, add \$55 to the above cost.

Day Participants <i>Prices quoted is per person</i>	Family of 2 or more	Individual
Saturday Session 9.00 am – 5.30 pm		
Fully prepaid by 17/09/13	\$146	\$160
Full payment by 5/11/13	\$160	\$175
Sunday Session 9.00 am – 2.00 pm		
Fully prepaid by 17/09/13	\$110	\$120
Full payment by 5/11/13	\$120	\$130
Saturday & Sunday day sessions		
Fully prepaid by 17/09/13	\$230	\$255
Full payment by 5/11/13	\$255	\$280

Celestial Tai Chi College – Weekend Retreat, 2013 With Grand Master Eng Chor

Proposed Program

Friday, 15th November

- 6.30 pm: Dinner
7.30 pm: Opening Session & Ice breaker
9.30 pm: Supper
10.00 pm: DVD session (optional)

Saturday, 16th November

- 8.00 am: Breakfast
9.00 am: Celestial Tai Chi, L1 – L6
10.30 am: Morning Tea

11.00 am: Qi Gong Session:
Option 1: Shibashi 1
Option 2: Lohan
Option 3: Wild Goose
Option 4: Tao Yin

12.30 pm: Lunch
1.30 pm: Rest
2.30 pm: Hsing 1
3.30 pm: Afternoon Tea
4.00 pm: Tai Chi Refinement &
Sun Chen & Wu Tai Chi

5.30 pm: Wash up

6.30 pm: Dinner
8.00 pm: Exploring history & philosophy of Tai Chi,
Chinese Calligraphy

9.00 pm: Supper
9.30 pm: Open Discussion

Sunday, 17th November

- 7.00 am: Weapons practice – Fan, Flute, Broadsword & Long
pole (optional)
8.00 am: Breakfast
9.00 am: Tai Chi – Martial Arts Application (Pushing hands,
Free Hand & Sticky Hands)
10.30 am: Morning Tea
11.00 am: Wushu Form
Wudang Tai Chi, Qi Gong
12.30 pm: Lunch
2.00 pm: Check out/Departure

Retreat Information (cont.)

Massages

Why not treat yourself to a relaxation massage during the weekend ? Again this year we are fortunate to have Michelle, an experienced Massage Therapist, who will be available for bookings on Saturday (10.00am–5.00pm), cost \$40 (½ hour)

Booking Information

Our Tai Chi weekend has always been very popular, so to avoid disappointment, please book early. A deposit of \$100.00 is required on registration. Please direct all enquiries to Beng Yan on 9840 2855.

- The Retreat commences with an evening dinner at 6.30 pm.
- Participants may begin to check in from 4.00 pm onwards.
- Please provide your own toiletries.
- Training sessions are optional but participants are encouraged to attend all trainings to reap the full benefit of the retreat.
- Please bring proper attire and footwear for training sessions i.e. loose comfortable clothing and flat-heel shoes. An extra pair of footwear for training is recommended.
- Massage payments are to be paid by cash on the weekend directly to the Service Provider, if you have booked for the service.
- Weather may be unpredictable; be prepared for sudden cool change in spite of the summer season.
- The venue of the Retreat is: Lake Dewar Lodge, 339 Garrards Lane, Myrniong, VIC 3341 (Melway ref: 611, E1). Tel: 03 5368 7459

The College Retreat is suitable for students of all levels including beginners.

Tai Chi Retreat 2013 Registration Form

Name: _____ Male/Female

Address: _____

Phone Number BH: _____ AH: _____

Email: _____ Tai Chi Centre: _____

Please nominate participation at the Retreat:

Full Weekend Participant (incl. acc'n)

Day Participant:

Saturday only Sunday only Saturday & Sunday

I/we have a special dietary requirement (Please specify) _____

 I/we wish to register for share accommodation

I wish to register to a single room for myself (\$55 single supplement fee)

I wish to book for a ½ hr relaxation massage (Sat). Time Preference* _____

I/We wish to register to attend the Tai Chi retreat 2013 and understand that all monies paid will not be refunded, however, the College can assist in transferring my/our registration to another interested participant.

Signed: _____

Additional requirements or messages _____

* Time preference cannot be guaranteed, massage payments to be made at the retreat

Recent College Appointments.
The Masters announce the following new appointments.
Congratulations to all of them.

Doncaster

Belinda Leong appointed Instructor
Bruce Ellis appointed Assistant Instructor

Brunswick

Bill Evgeniotis appointed Instructor

Keilor

Zenaida Calderon appointed Assistant Instructor

Moonee Ponds/Preston

Joy Muir appointed Assistant Instructor

Celestial Tai Chi College is on Facebook.

Find us at www.facebook.com/CelestialTaiChi

On this page we keep you updated on upcoming events like park lessons, new term dates and cultural trips. We post photos and link to interesting articles. We won't bombard you with waffle and only post around once a week. If you are on Facebook, please LIKE us and keep in the loop!



The image shows a screenshot of the Facebook page for Celestial Tai Chi College Australia. The main content is a large photo of a group of people practicing Tai Chi in a park. Below this is a smaller inset photo of a group of people standing in a line. The page header includes the name 'Celestial Tai Chi College Australia' and '66 likes - 59 talking about this'. The navigation bar at the bottom shows 'About', 'Photos', 'Likes' (with a count of 66), and 'Events'.