



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 3

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World Tai Chi Day – Central Park Malvern



Every year on the last Saturday in April, commencing at 10:00 am local time worldwide 80 nations in hundreds of cities come together, to breathe together, providing a healing vision for our world.

Park Lessons

Saturday 18th June

Time: 10:00am to noon

Malvern

Central Park Malvern

Cnr Burke & Wattletree Rds

Sunday 26th June

Time: 10:00am to noon

Fairfield

Fairfield Park

Cnr Heidelberg Rd & Fairfield Park Dr

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

Forthcoming Events – Philosophy Lesson by Grandmaster Eng Chor

Date: 10 July 2016 Time: 3.00 pm – 5.00 pm

Venue: Beverly Hills Primary School hall, Cassowary St (cnr Blackburn Rd)
Doncaster East

Grand Master Eng Chor's Workshop May 15th

About 25 to 30 people attended Grand Master Eng Chor's workshop on the 15 May 2016. It was held at Beverly Hills Primary School and went from 2 -6 pm. After doing the obligatory warm ups GM Eng Chor went through the first 5 Dao Yin exercises in detail with very useful explanation of the exercises and their purpose.

Following this we were introduced to the first part of Wild Goose Qi gong. GM Eng Chor explained that this exercise was based on Taoist observations of nature and was designed to stimulate meridians throughout the body for health benefits. The description of the moves was very poetic. The routine started with the awakening goose stretching its wings as it greeted the morning sun and then developed into the Goose's first flight and was followed by it diving into water as part of its morning routine. The moves were graceful and birdlike.

Next GM Eng Chor gave us a sampling of different styles of Tai Chi, such as Wudang, Sun and Wu, accompanied by a brief history of their origin and development. It was fascinating to see the similarities and differences. Wudang style stood out with its deceptively relaxed and simple appearing moves that hid great depth.

The last part of the workshop was 'free hands.' This is when opponents work together applying some of the postures from Tai Chi in their martial application. It was fun to see people working out how this was done and showed that Tai Chi has hidden within it practical application for those interested in this.

As this was a long workshop Zenaida provided a refreshing and tasty spread during the mid-break, with an assortment of wonderful teas, biscuits and delicious home baked cakes. It was also a good opportunity to chat with fellow Tai Chi enthusiasts who obviously enjoyed what was a jam packed and knowledge broadening workshop.

Martin Bay

(These workshops are wonderful experiences and I encourage all who are able, to attend. There is a plethora of knowledge within the College for you to tap in to. It will improve your journey – Wally Wilkinson)

Tai Chi Poet (anonymous)

"Allowing our minds to free-fall into the centre of the sensation of our big toe spreading as we sink into a leg, then the pad of the toe, the ball of the foot ... spreading ... the pads of the foot ... the entire world falls in order as our dantien, postural alignment, and total being sinks ... into the centre of where we are ... right here and right now .. feeling ... breathing ... sensing everything and nothing all in the same instant ... This is when the movements I've practiced 10,000 times now flow through me ... as I relax out of the way ... and am no longer the limited being I was a moment before ... I am open ... flowing ... un-tethered ... limitless ... present ... expansive ... and connected to ... everything."

(One of my favourites. . .)

Happy 60th Birthday to You – From all of us!!!!

April 30th was World Tai Chi and Qigong day and also Senior Master Chin Min Lian's birthday, how appropriate!

The birthday celebration was organised for the following evening at the Secret Kitchen Restaurant. The name seemed to infer the intention of the event; a surprise party.

Whether the surprise worked it did not matter as all the planning had achieved its goal when observing Chin Min's endless beaming smile.

It was a wonderful atmosphere, with guests both students and instructors from several centres, South Yarra very well represented. Xiao Ling, Chin Min's daughter had made a special trip from Sydney and also present was son, Jason and Grand Master Eng Chor and family.



The cake revealed, decorated with a replica figure of Chin Min in classic sword form pose, surrounded by ref Tai Chi fans, Yin Yang symbols, a bamboo flute and several other swords positioned at the corners of the cake. A miniature culinary masterpiece!



A stampede of guests with cameras clicking; it attracted almost as much attention as the guest of honour.

More photos were taken when Chin Min and family filed behind the cake. A rousing version of happy birthday was sung. I'm sure for quite some time Chin Min will treasure that evening.

Credit both to Beng Yan (Chin Min's wife) and Zenaida Calderon for the magnificent organisation and also Suzette Hosken for the photography.

The evening was a testament to the love we have for Senior Master Chin Min Lian. HAPPY BIRTHDAY.

Chris Cain – Assistant Instructor Brighton and South Yarra

Modalities in Unison – The Alexander Technique and Tai Chi Chuan

Wally Wilkinson – Senior Instructor

We were invited to share our Tai Chi journey with teachers of the Alexander Technique.

Although Tai Chi Chuan and The Alexander Technique appear as separate modalities, at their core they have awareness as their common bedrock.

F Mathias Alexander was an Australia Actor, born in Tasmania. His technique was developed to overcome reactive and habitual limitations in movement and thinking. Compare this with Sung – the transference of habitual tension from then mental and physical bodies into the energetic realm and you can see the great commonality.

His technique is now universally practiced and embraced by many – it is worth a visit to Wikipedia to see just how much impact this Taswegian has had on the world, from Aldus Huxley to Paul McCartney.

The Alexander Technique helps you learn to take care of yourself in every activity that you do. It is a process of re-education of how we use ourselves.

Our bodies are brilliantly designed, many of our problems from depression, to back pain to voice loss, occur because we don't allow our bodies to function in the way they were designed. The process of not interfering with the natural way you use your voice, walk, dance, play a musical instrument, is a skill that can be learned through the Alexander Technique.

We now conduct regular weekly classes for students of David Moore's School for FM Alexander Studies, Fitzroy North.

A warm thank you to Penny McDonald (Brighton Centre) for this great introduction and opportunity.



Penny McDonald has taught the Alexander Technique for 20 years. She runs private classes from her home in East St Kilda and teaches the technique to performing artists in most performing arts institutions in Melbourne.



In favour of arriving to class early

Life is busy. We cram a lot into our days. Then once or twice a week, we go to tai chi class and life slows down for an hour. But how to make the most of this lovely, peaceful hour? Get to class early. There are many reasons why it is beneficial to find a few extra minutes before class:

- ✓ You can talk to your instructor about any concerns that you might not want to share with the whole group;
- ✓ You will make friends. Chat with your fellow classmates. All tai chi players are lovely people;
- ✓ You can stake out your favourite spot (yes this is important for some people);
- ✓ You can pay fees and buy merchandise without interfering with lesson time;
- ✓ You can bring yourself into the here and now. This is possibly the most important point. When you arrive, leave your “baggage” at the door. A few minutes’ buffer makes a world of difference. Chat, relax, get comfortable, and then you’re ready to focus on tai chi. Don’t bring your worries and stresses to class – leave them at the door.
- ✓ You can do some extra warm-ups and stretches. If you have been given exercises for any injuries or sore spots, do them just before class and this will help those areas warm up and make you more comfortable during class.
- ✓ Lend a hand to your instructor. We always appreciate help setting up!

Suzette Hosken – Senior Instructor

College Dates 2016

May 9 to June 26: Term 3

June 18	Park Lesson Malvern (10am to noon)
June 26	Park Lesson Fairfield (10am to noon)
June 27 to July 3	College Break
July 10	Philosophy Lesson with GM Eng Chor

July 4 to August 21: Term 4

August 13	Park Lesson Malvern (10am to noon)
August 21	Park Lesson Fairfield (10am to noon)

August 22 to October 16: Term 5

August 28	WTQA Wushu & Taijiquan Competition
September 11	Tai Chi Workshop with Snr Master Chin Min
Sept 26 to 30	College break
October 8	Park Lesson Malvern (10am to noon)
October 16	Park Lesson Fairfield (10am to noon)

October 17 to December 4: Term 6

November 26	Park Lesson Malvern (10am to noon)
December 4	College Banquet
December 4	Park Lesson Fairfield (10am to noon)