



Celestial Tai Chi College Newsletter

Term 2

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April 2017

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Students from Preston Centre enjoying Tai Chi with Senior Master Chin Min

Upcoming Events:

Workshop with Grandmaster Eng Chor and Master Tong Low

Sunday 23rd April (see inside for further details)

World Tai Chi & Qigong Day with Senior Master Chin Min

Saturday 29th April 10am – 12 noon

Alistair Knox Park 829 Main Road Eltham (free event)

Please note that this event replaces the park lesson at Central Park Malvern

Fairfield Park Lesson with Grandmaster Eng Chor

Sunday 7th May 10am – 12 noon

Fairfield Park Drive Fairfield (free event)

A ‘Little Bit of Science’ Behind the Benefits of Qigong

Telomeres protect the end of everyone’s chromosomes; they are important in protecting your DNA.

The length of your telomeres is an important indicator of health, the longer they are the healthier your cells and tissues, therefore you! One’s genes do affect your telomeres. Telomeres naturally shorten as one ages. What is extremely interesting is lifestyle can lengthen your telomeres and improve your ageing. Conversely, poor lifestyle choices have also been shown to shorten them.

“Several mind-body techniques, including meditation and Qigong, have been shown to reduce stress and to increase telomerase, the enzyme that replenishes telomeres.” (Blackburn & Epel, 2017;12)

Qigong in essence is a number of flowing movements emphasising breathing, the deliberate action and posture. It can be considered when the practitioner is focusing, to be a moving meditation.

“In a trial of Qigong on cell aging, researchers examined people with chronic fatigue syndrome. They found that people who practiced Qigong for four months had significantly greater increases in telomerase, and reductions in fatigue than people who were assigned to a wait list ...” (Blackburn & Epel, 2017; 157)

There is now an understanding of the physiology involved in Qigong; by some experienced as a calming state, also perhaps involving a ‘tingling’ in the fingers. This sensation is due to the parasympathetic nervous system being activated during Qigong which creates dilation of the blood vessels, increasing the flow of blood through the body: This sensation is expressed as “*chi/Qi energy flow*” in Chinese medicine. No comparable concept is readily expressed in Western medical practices (Blackburn & Epel, 2017; 157).

Whilst Qigong is specifically mentioned in this research, it is certainly plausible to consider Tai Chi and associated practises within the same parameters, and therefore having the same benefits.

Susie Scoullar – Eltham Centre

Blackburn, E & Epel, E (2017) **The Telomere Effect**. London: Orion Spring

Elizabeth Blackburn was a joint winner of the Nobel Prize for Physiology in 2009 for the discovery of the molecular structure of telomeres which are the ends of chromosomes that behave as protective caps (aglets) and for also discovering the enzyme telomerase that maintains the health of telomeres.

Celestial Tai Chi College Health Qigong Seminar with Grandmaster Eng Chor

- Sunday 23rd April 2017 2pm to 6pm
- Beverley Hills Primary School Hall,
Cassowary Street, Doncaster East
- Cost: \$69

The Chinese Health Qigong Association has officially recognised the following Health Qigong forms:

*Ba Duan Jin * Yi Jin Jing * Wu Qin Xi * Lui Zi Jue*

Grandmaster Eng Chor Khor will present a seminar on the benefits of Health Qigong on the four Qigong forms. He will be assisted by Master Tong Low on the practical movements of the forms.

Please bring a pen and paper for taking notes.

At the end of the session, a Certificate of Attendance will be personally signed by Grandmaster Eng Chor Khor and awarded to each participant.

Workshops on the Health Qigong forms will be conducted in the coming months for those interested in learning the forms.

A 10% discount will be given to those who participated in the coming seminar.

For enquiries please call, Grandmaster Eng Chor Khor on 0412922618 or Tong Low on 0432675036

Please RSVP your attendance to **info@celestialtaichi.com.au**.

Payment can be made on the day of seminar.

A Personal Story in Praise of Qigong

My name is Michele Cunningham and I belong to the Eltham Centre. I noticed a problem with my balance about 6 years ago and initially thought it was age related. However, when it became more pronounced I sought medical help. It was difficult to describe; some doctors said it was vertigo although I constantly said that I felt disoriented not dizzy. It was most apparent in large shopping malls.

Finally, in late 2013 I was diagnosed with a disorder called Cerebella Ataxia with Neuropathy and Vestibular Areflexia Syndrome (CANVAS.) I threw my walking stick into the cupboard (but not into the bin because I was told I would need it as the disease progresses) and took up Tai Chi and Qigong. That was 3½ years ago and fortunately I'm only just starting to use the stick on bad days.

The disease is progressing and I can now only manage Levels 1 and 2 but I practice Qigong every day. My neurologist and physiotherapist are quite amazed at how much this is helping me, both physically and mentally. I try to walk as much as possible and no longer worry what people may think as I stagger along the footpath!

Michele Cunningham – Eltham Centre



Instructor Gill Berry with some of Eltham's Qigong group

2017 Martial Arts Tour - 16 Days Russia and Belarus

19th Nov 2017 – Melbourne to Doha, Qatar

Depart Melbourne at 23.10 Hrs, Qatar Airline QR 0905

20th Nov – Doha, Qatar

Arrive Doha airport at 05.25 Hrs. Taxi to Hotel. Rest or One day tour arranged by yourself.

21st Nov – Doha, Qatar to Moscow, Russia

Taxi to Doha Airport. Depart Doha 14.35 Hrs QR 0229 to Moscow. Arrive Moscow at 19.55 Hrs. Meet your local guide and transfer to the hotel.

22nd Nov – Moscow

City Sightseeing. Visit Cosmonaut Museum. VDNH walking tour (exhibition buildings and parks)

23rd Nov – Moscow

Visit Kremlin grounds, onion domed cathedrals, Red Square, Metro and Stary Arbat.

24th Nov – Moscow

Visit Sergiev Posad and Trinity Lavra of St Sergius. Enjoy the circus show.

25th Nov – Moscow to St Petersburg

After breakfast, take a fast train (4 Hours) to St Petersburg. Check in then take a walking tour along the Nevsky Prospect.

26th Nov – St Petersburg

City sightseeing. Visit Peter and Paul Fortress and St Isaac's Cathedral.

27th Nov – St Petersburg

Visit State Hermitage Museum. Free time after lunch.

28th Nov – St Petersburg

Tour Peterhof Palace and Park and Pushkin with Ekaterina Palace. Folk Show at Nikolaesky Palace.

29th Nov – St Petersburg, Russia to Minsk, Belarus

Leave St Petersburg Airport for Minsk, Belarus. Flight takes 1.5 Hours.

29th Nov to 3rd Dec – Minsk, Belarus

7th International Martial Arts Games. You are expected to participate by either competing or performing. Tours are undertaken in between performances; arrange by yourself.

4th Dec to 5th Dec – Minsk to Moscow to Doha to Melbourne

Depart Minsk at 08.45 Hours to Moscow. Arrive Moscow at 10.05 Hours. Depart Moscow at 12.55 Hrs QR 0234. Arrive Doha at 18.15 Hours Leave Doha at 20.20 Hrs for Melbourne

QR 0904. Arrive Melbourne on 5th Dec at 17.45 Hrs

Enquires to Grandmaster Eng Chor Khor on 0412 922 618

Email: khorec@bigpond.com

Further details are on our website: www.celestialtaichi.com.au



Eltham Centre, led by Instructor Judy Grant, has a record 51 students this term

Reclaim Your Wayward Limbs

Tai Chi has many benefits, and for me a valuable one is that it helps me to feel that I 'own' every part of my body. Seems an odd thing to say but not all of us are aware of how we move. Some of us will swear our right arm is in a perfect curve out to the side, just below shoulder height and fingers in the peripheral vision, exactly as the instructor is demonstrating. In fact, the elbow is rib-hugging, the wrist is sagging and the fingers are out of sight.

There's a name for it: Proprioception, from Latin, proprius meaning "one's own", the unconscious perception of movement and spatial orientation. There is plenty of information on Google if you want to know more.

Years ago I learnt an important emotional and psychological lesson. I was encouraged to... "Reclaim the unpalatable parts of yourself, the mean ones, the weak ones, the ones you prefer not to see. Don't leave them dangling and uncared-for. They are yours. Take them back and be a more authentic person."

Tai Chi is the physical equivalent, and a recommended activity to improve proprioception. Tai Chi teaches me awareness of toe and heel, elbow and hip, knee and top-of-the-head. I don't want my hands dangling somewhere off the end of my arms; they are as essential to me as breathing. When I move into brush-knee or cloud-hands I like to be conscious of every movement I make. It feels as though I am parting the air, moving through the space around me. In those moments I am at one with myself.

As we age we seem to lose track of what our bodies are up to; we knock over a glass, stumble into furniture and trip over our feet, so there's a lot to be said for reclaiming our wayward limbs.

Judith Michael – Camberwell Centre



2017 College Dates

Term 2 – March 13 to May 7

April 13 to April 19: College Break (Easter)
April 23: Workshop with Grandmaster Eng Chor
April 29: World Tai Chi & Qigong Day Alistair Knox Park
May 7: Park Lesson at Fairfield 10 am to noon

Term 3 – May 8 to June 25

June 17: Park Lesson at Malvern 10 am to noon
June 24: Philosophy Lesson
June 25: Park Lesson at Fairfield 10 am to noon
June 26 to July 2: College Break

Term 4 – July 3 to August 20

August 12: Park Lesson at Malvern 10 am to noon
August 20: Park Lesson at Fairfield 10 am to noon

Term 5 – August 21 to October 15

August 27: WTQA Festival
September 10: Tai Chi Workshop
September 25 to Oct 1: College Break
October 7: Park Lesson at Malvern 10 am to noon
October 15: Park Lesson at Fairfield 10 am to noon

Term 6 – October 16 to December 3

November 25: Park Lesson at Malvern 10 am to noon
December 3: Park Lesson at Fairfield 10 am to noon

The College Banquet will be held during Chinese New Year in early 2018

Park Lesson at Central Park

Corner Burke & Wattle tree Roads East Malvern: Melway 59 G10

Park Lesson at Fairfield Park

Corner Heidelberg Rd & Fairfield Park Dr Fairfield: Melway 30 J12