

# **TAI CHI WEEKEND WITH MASTER TANG**



You are invited to Leura in the Blue Mountains outside of Sydney for a relaxing weekend of Tai Chi, fresh air and good food. The weekend will be led by **Master Lai Wei Tang**, an internationally renowned Tai Chi practitioner. Both experienced Tai Chi participants and beginners are welcome.

*What we will be learning:*

## **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:**

Elements of the 24 Form will also be included in the weekend, with a focus on raising awareness of internal energy.

## **Date:**

Friday 17th - Sunday 19th September 2010

*(Arrive late Friday afternoon. Leave after lunch on Sunday)*

## **Venue:**

The Brahma Kumaris Centre for Spiritual Learning is set amidst several acres of beautiful gardens and natural bush in Leura. It provides motel style accommodation: comfortable beds, share or single rooms with your own bathroom, electric blankets and heating for chilly evenings. The main hall, where the workshop will be held, has views to the gardens, maintains a comfortable temperature in all weathers. Log fires keep everyone cosy in the dining and recreation room when it's chilly outside. All food, provided by the Brahma Kumaris is vegetarian, prepared and cooked in the centre. Special diets can be catered for. As an added bonus, fresh spring water from the property is supplied for all to drink. (Regularly checked for purity.)

## **Cost:**

Includes tuition, all accommodation and meals from Friday dinner to Sunday lunch

**\$320/\$285** concession (pensioners/students) share accommodation

**\$40** supplement for single room

## **Booking and confirmation**

There are only twenty places available at this workshop. A place will be held for you on receipt of the booking form below plus a deposit of \$100 per person to secure your place. Post your booking form with a cheque or money order (payable to **Tai Chi For Life**) to the address overleaf.

# **TAI CHI WEEKEND WITH MASTER TANG**

Penny Auburn  
Tai Chi Workshop  
6 Stuart St  
Newport NSW 2106

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

## **Final Payment**

Final payments are due one month prior to the event.

## **Refunds and Cancellations**

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

All deposits are fully refundable up until 14 days prior to the event, and 50% refundable after that.

No refunds for no-shows.

## **Info sheet**

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

## **Enquiries:**

Penny Auburn 02-9997-2556 [penaub@pacific.net.au](mailto:penaub@pacific.net.au)

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## **BOOKING FORM**

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

POSTAL ADDRESS: \_\_\_\_\_

\_\_\_\_\_

DEPOSIT: \_\_\_\_\_

CONCESSION: \_\_\_\_\_

*PLEASE ATTACH PHOTOCOPY OF YOUR PENSION OR FULL TIME STUDENT CARD*

SPECIAL DIETARY REQUIREMENTS  
\_\_\_\_\_

*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. This is his first workshop in Sydney. For more details on Master Tang go to: <http://www.taichiforlife.com/>*