



Your Pathway to  
Harmony & Success  
www.taichiforlife.com

# TAICHI FOR LIFE SEMINAR

## Nutrition, Health & Martial Art Series

- ☯ CHIN NA
- ☯ TAI CHI PUSH HANDS
- ☯ YIN YANG COOKING



330 SPRINGVALE ROAD, NUNAWADING

**SUNDAY 15<sup>TH</sup> NOVEMBER 2009 10:00AM TO 4:30PM**

\$ 160 ALL SESSIONS  
\$ 65 FOR YIN & YANG COOKING PLUS LUNCH

**10%** EARLY BOOKING DISCOUNT BY 19TH OCTOBER & MEMBERS DISCOUNT

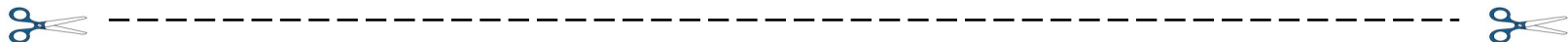
**CHIN NA - THE ART OF GRAPPLING**      **10am - 11:30am**  
Learn the art of using locking techniques and pressure points to control and overcome an opponent. These methods are an essential part of Wushu Chinese Martial Arts and effective self defence.

**TAI CHI PUSH HANDS**      **12 noon - 1pm & 3:30 - 4:30pm**  
Learn how to sense and control the energies of an opponent through the application of Push Hands exercises.

**YIN & YANG CHINESE COOKING** **Lunch at 1pm & 2pm - 3pm**  
Learn how the principles of Yin and Yang relate to Chinese Cooking and the improvement of balance and harmony within the body. Master Chef Robert Lew will present live demonstrations and provide traditional recipes that enhance the yin yang energies.



**Call now to secure your booking: Ph (03) 9878 7188  
or email: enquiries@taichiforlife.com.au**



TAICHI FOR LIFE SEMINAR REGISTRATION FORM

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

YES! I WOULD LIKE TO REGISTER FOR

\$ 160 COMPLETE SEMINAR (3 SESSIONS)      \_\_\_\_\_

\$ 65 LUNCHTIME SESSION ONLY      \_\_\_\_\_

EARLY / MEMBERS DISCOUNT      \_\_\_\_\_

TOTAL ENCLOSED PAYABLE TO TAICHI FOR LIFE      \_\_\_\_\_

**Preparation:**

- ☉ Please arrive by 9:30 am for Introduction.
- ☉ Wear comfortable, loose clothing with clean training shoes on arrival.
- ☉ Please advise of any special Dietary Requirements .

**REGISTRATIONS CLOSE 4<sup>TH</sup> NOVEMBER**