

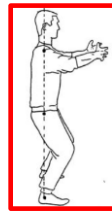


Saturday 14 & 28 May 2022, 2.30 – 4 pm on ZOOM

‘Internal energy (Qi) work in Taiji & Qigong’

This seminar -part 1 & part 2- is presented by Paul Parramore

The focus is on 4 KEY PRACTICES -part of the 16 neigong-



Principles & Practice of 4 fundamental components of Neigong :

1. Taoist Longevity Breathing - the methods and benefits of Taoist Breathing, and its role in advancing other internal energy work.

2. Opening & Closing (O/C) - also called “pulsing” in Qigong and Taiji.
A critical component in practising Qigong, Taiji and the other Chinese Internal martial arts.

3. Soong & sinking energy and preparing to move in Taiji and Qigong.

4. Learning Opening and Closing and other key Neigong in "The marriage of Heaven and Earth" Qigong
and applying the learned skills in Taiji.

Paul Parramore:

- > With a background in external martial arts, Paul commenced training in Taiji in the mid-1980s, with specific health goals in mind.
- > He became a certified instructor (Taiji and Qigong) in 1994, with Stuart Le Marseny (formerly head instructor, Erle Montague school).
- > Training with ‘Taoist Lineage’ Master Bruce Frantzis in 2011 & onwards, holding numerous certifications in the Energy Arts system.
- > He is a certified Taiji/Qigong instructor (including “Heaven & Earth Qigong”, the prime vehicle for learning ‘Opening and Closing’(enabling any student of Taiji to take their practice to a whole new level)



REGISTRATION and PAYMENT: to be received by 11 May 2022

To register, **reply** this email to seminar@taichiaustralia.com, and pay

TCAA member seminar fee (part 1 & part 2): \$30 Non-member fee: \$40

by filling in the information for either

DIRECT DEPOSIT

or

CREDIT CARD

below

MEMBERSHIP: (Non-members may opt to join the TCAA and pay the member seminar fee)

LINK to join as a member: [TCAA NewRenewApplication 201912.pdf \(taichiaustralia.com\)](#)

1 year \$30, 4 years \$100

DIRECT DEPOSIT

Transfer: TCAA member seminar fee (part 1 & part 2): \$30; or Not member: \$40

Into:

Name: Tai Chi Association

BSB: 062-196 AC No: 10604158

Description on "recipient's statement": "OLS- 09" "Member Num" Given Name;

eg: 'OLS09 1024 John' (If not member write NMem instead of providing Member Num)

Save PDF of the receipt, attach to email, and SEND to seminar@taichiaustralia.com

You will then receive a ZOOM link to join the seminar on 12th May.

CREDIT CARD

TCAA member seminar fee (part 1 & part 2): \$30; or Not member: \$40

Card No: ----/----/----/---- Expiry: --/--

Name on card: -----

Member Num: ---- (if not member, enter NMem)

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