



Saturdays 8th & 22nd October 2022

2.30 – 4 pm on ZOOM

An introduction to Taoist Meditation & Qigong practice

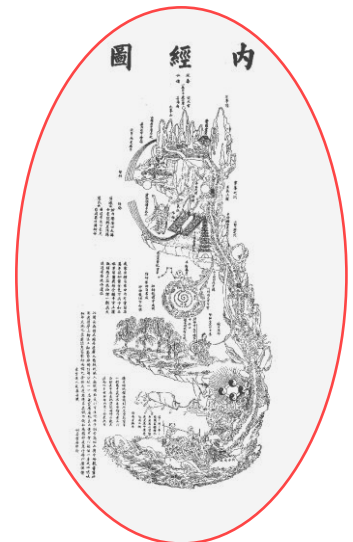
This seminar -part 1 & part 2- is presented by **Su Rule**

The focus is on a feature of Wudang Taoist practice:

Seated meditation on the Small Water Wheel
(Microcosmic orbit)

It includes:

- > **theory of the Inner Human**
- > **seated qigong**
- > **& meditation session**



Su Rule:

- > With a background of 30 years practising, teaching for 22 years
- > Trained locally and in China
- > 15 years successful competition at national and International Championships
- > Owner and principal of 'Chi Generation' school
- > Specialising in Wudang style



REGISTRATION and PAYMENT: for seminar both parts - OIs11 -

to be received by 5th October 2022

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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-11" "Member Num" Given Name;

eg: 'OLS11 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

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