

Tai Chi Qigong for Health Classes

All new students start with the Sun Style short form specially designed for people of all ages and health conditions and for progression into higher levels and other styles of Tai Chi.

Sun style tai chi has footwork patterns which make it relatively safe and simple for all students to establish the correct whole-body rhythm and alignment that is a signature of all tai chi styles.

- Relaxation and better health
- Qigong - deep relaxed breathing
- Importance of posture
- Balance training—falls prevention
- Improve cognitive performance

Tai Chi for Health improves balance, co-ordination, fitness, muscle strength, reduces stress and is well known to be beneficial for health and falls prevention.

Regular classes and workshops from beginners to advanced and include the modern “short” forms created especially for Tai chi for Health. The “short forms” have been specially adapted from SUN, YANG and CHEN styles to make the “magic” of Tai Chi as a health art accessible to a wide range of people who are interested in a gentle, safe and effective form of exercise.

These “short forms” are relatively easier to learn and are suitable for beginners and can be performed standing or seated. Longer and more complex forms are available for the student to extend their knowledge and skills of Tai Chi for Health beyond the beginner’s level and can also be performed standing or seated.

The Tai Chi for Health short forms include - Tai Chi for Arthritis & Falls Prevention, Diabetes, Osteoporosis, Energy, Health & Falls Injury Prevention.

In addition to these short forms for more advanced students are Yang 24, Yang 42, Chen 36, Sun 73, Alice Liping Yuan’s Tai Chi Fan for Health form and “Moving Stillness” Tai Chi 52 Fan form.

START ANYTIME during year NO NEED TO WAIT
Beginners Very Welcome

Contact Elva or Denis

Tai Chi Qigong Redlands

Email: TaiChiRedlandsAUS@gmail.com

Website: www.taichiredlands.com

Our Australia Dreaming

Modern Qigong for Health

Our MODERN approach views Qigong (Chi Kung) NOT as some mystical practice or cult, but as any form of focussed exercise and controlled breathing training learning to work and develop skill through energy in order to promote better health.

WELCOME TO OUR AUSTRALIA DREAMING
*We acknowledge and pay tribute
to all our Ancestors all our Elders
of all races and cultures Ancient and Modern
to all who VALUE the character of the person and
to ALL who SHARE a common HUMANITY*



Elva’s Australia Dreaming 15 Form Qigong

The beautiful and inspired *Australia Dreaming: 15 Form Qigong* using the imagery of the Australian landscape was created by Elva over twenty years ago. The form was first presented overseas at Dr Lam’s International Tai Chi for Health workshop at Connecticut in the USA in June 2003.

The form had a powerful impact on all participants with the realisation that Tai Chi and Qigong transcends cultural boundaries and belongs to the world, NOT to the “brother-hood of the boxers”, but to our common humanity

Elva has dedicated her *Australia Dreaming* Qigong to all those who seek to find a modern approach to significantly improving learning and teaching experiences, and to find creative and safe ways to MAKING A DIFFERENCE to the health and wellbeing of ALL Australians and to anyone who shares the magic journey of a modern Tai Chi for Health accessible to all people, old and young, regardless of race, creed or colour and which must include those least advantaged in society.

Australia Dreaming: Tribute to the Ancestors

*Tai Chi Dreaming: Scientific Study
Tai Chi for Health as Mind-Body Exercise*

by Elva Arthy & Dr Denis Arthy
first published 2008 - 7th edition 2021

Tai Chi Qigong for Health

MODERN FOCUS on health, fitness and well-being of individual student, on safe and effective form of exercise, and not on martial or combat performance as in traditional Tai Chi Chuan (Taijquan)

SAFETY – modern duty of care on health, fitness and capability levels of individual student – each student works at their own level

SCIENTIFIC & SECULAR – gentle, safe, and effective form of exercise based on scientific or evidence-based reasoning and research

LEVELS of PERFORMANCE - providing levels of progression from beginners to advanced with all levels modified to suit individual student

Levels of Gentle Exercise

BEGINNERS – Level 1 - Prior Tai Chi experience is not a prerequisite for participating at this level:

- Introduction to Tai Chi Qigong for Health Forms
- Introduction to protocols & basic principles
- Learning how to copy & follow
- Relaxation/ balance / Qigong training
- All forms//movements modified to suit individual

INTERMEDIATE – Level 2 - Focussed practice of specific Tai Chi form and application of key principles

- Tai Chi for Arthritis /Diabetes Forms
- Tai Chi for Health & Falls Prevention Form
- Yang Style 24 Forms
- Tai Chi for Health Fan Forms
- Australia Dreaming 15 Form Qigong

ADVANCED - Levels 3 – 5 - In-depth study of tai chi qigong principles and advanced forms

- Sun Style International 73 Form
- Chen Style 36 Form- includes Silk Reeling
- Yang 42 International Form
- Tai Chi for Health Fan and Tai Chi 52 Fan forms

CLASSES TIMES AND VENUE

Tai Chi Qigong for Health – Gentle Exercise

All Levels Beginners to Advanced

Cleveland - Day

Tuesday 9.30am - 11.00am

Friday 9.30am - 11.00am

Redland Bay - Day

Wednesday 9.30am - 10.30am

Cleveland - Evening

Mondays 6.00pm - 7.00pm

Gentle Way of Relaxation & Self Defence

Taijiquan-do & Goju Ryu Karate-do
by invitation only - see separate brochure

Cleveland - Evening

Mondays 6.00pm - 8.00pm



TERM & CASUAL FEES

Four Terms per year

Website for Location & Calendar

Enquire for Venues & Costs

Start Anytime during Term

No Need to Wait

ALL participants are required to seek advice from their health professional/s if they have any questions about their health or medical conditions that relate to safely participating in Tai Chi Qigong classes and activities

PRINCIPAL INSTRUCTORS

Master Trainers Elva Arthy & Dr Denis Arthy

- Master Trainers - Taijiquan-do (Tai Chi Chuan-Do - Martial Arts for Health & Self Defence - Co-instructors with *Gentle Arts of Self Defence* (GASD) affiliated with Sakurakan-QUBBA, a non-profit incorporated martial arts association (est 1960)
- Completed Instructor Training programs with Alice Liping Yuan's Exercise Medicine Australia - Tai Chi for Health & Falls Injury Prevention Program and Tai Chi Fan for Health; and with Dr Lam's Tai Chi for Health Institute for Dr Paul Lam's Tai Chi for Health - Arthritis & Diabetes programs
- Completed Tai Chi workshops and other Tai Chi for Health programs in Australia, USA and Europe since 1999
- Principal Course Providers of Tai Chi for Health Advanced Instructor Training Program since 2007
- Co-authors of Tai Chi Textbooks – *Australia Dreaming: Tribute to the Ancestors—Sun Style Tai Chi*; *Tai Chi Dreaming: A Scientific Study of Tai Chi for Health and Australia Dreaming: Advanced Instructor Training Program*
- Presenters and authors of papers at the First International Tai Chi for Health Conference held in Seoul, Korea in December 2006

Master Trainer Elva Arthy has been a professional teacher of movement, dance and exercise programs for over fifty years. As Master Trainer with Dr Lam since 2002, now retired, she has trained and certified more than a thousand health and fitness professionals to become qualified instructors with Dr Lam's Tai Chi for Health Institute. During this time, she has taught Tai Chi & Qigong for Health in the Redlands. She is the author & creator of the beautiful *Australia Dreaming 15 Form Qigong* set. She is Master Trainer Black Belt (Taijiquan-do) in Tai Chi for Relaxation and Self Defence with GASD.

Elva has also been a community Fitness Instructor in the Redlands since 1983 as a Personal Trainer, Older Adults Trainer and Group Exercise Instructor. She has been a Tai Chi Instructor at various International Tai Chi Workshops in USA, New Zealand, Korea & Australia. She is also the author - *Raging Ageing: Gentle Exercise Manual*.

Master Trainer Dr Denis Arthy is a principal instructor with Elva in the Tai Chi Qigong for Health classes in the Redlands and at Tai Chi for Health Instructor Training workshops for over 20 years.

Denis is Martial Arts Chief Instructor with GASD with San Dan Black Belt in Goju Ryu Karate-Do and Shodan Black Belt in Judo and 1st Kyu Jujitsu. He has been teaching Tai Chi, Judo, Jujitsu and Karate - for Relaxation & Self Defence for over 25 years.

He has also been a student of the "gentle" or "yielding" martial arts since the early 1960s in Judo and Jujitsu, with traditional Yang style Tai Chi Chuan & Goju Ryu Karate since the early 1990s, and with Sun, Chen and modern Yang Tai Chi styles since the late 1990s. He has written and published various articles on the "gentle" martial arts including *Gentle Way of Tai Chi Mirror Chi Kung*.

Master Trainer Elva Arthy

Gentle Way of Tai Chi Qigong Redlands

Health, Relaxation & Well Being



**Master Trainer Taijiquan
Personal Trainer
Older Adults Trainer
Group Exercise Instructor**

Tai Chi Qigong for Health

- ◇ *Gentle Mind-Body Exercise*
- ◇ *Relaxation & Calming*
- ◇ *Flexibility & Stretching*
- ◇ *Postural Awareness*
- ◇ *Balance & Strength Training*
- ◇ *Self-Defence Against Ageing*

ALL ENQUIRIES

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