

myCOTA

April/May 2008

Explore ways
to keep your

Mind and Body Healthy

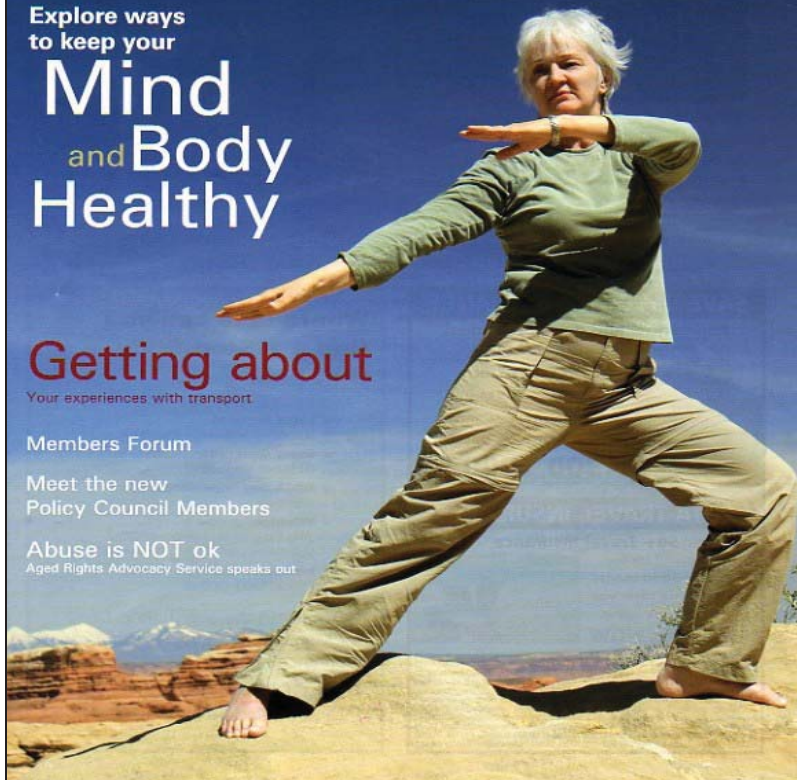
Getting about

Your experiences with transport

Members Forum

Meet the new
Policy Council Members

Abuse is NOT ok
Aged Rights Advocacy Service speaks out



Looking for something new?

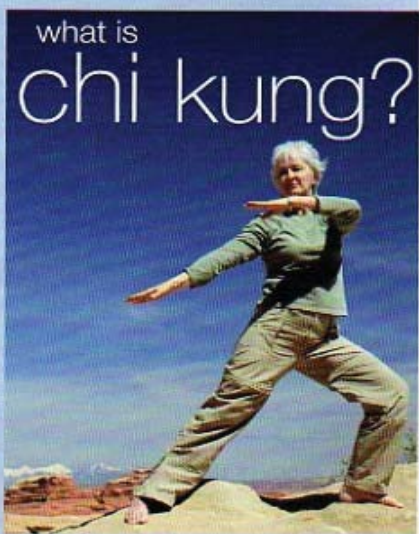
The important features and aims of Chi Kung are relaxation, quietness, naturalness, unity of breath and mind, gradual development and practicing to the individual's state of health.

- Reduce stress and promote a sense of well-being through calming the mind and deepening the respiration,
- Improve digestion, respiration, cardio-vascular and nervous systems,
- Improve sleep quality and relieve fatigue,
- Improve health and resistance to illness,
- Strengthen the practitioner both physically and mentally.

The Tai Chi & Chi Kung Institute
Tel: 8371 2488
Mon-Thurs 11am-4 pm
www.chikung.com.au

Am I too old/young to learn Chi Kung?

There is no age limit with Chi Kung - both young and old can practice and gain health benefits from it. The beginning set of Chi Kung taught by the Institute (Taiji Chi Kung Shibashi) can even be performed while seated!



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For a complete copy of the MYCOTA Magazine contact COTA on: (08) 8232-0422.