

QI GONG CLASSES

- At Sydney Secondary College (Balmain campus), Terry St, Rozelle
- On August 14 - Eight pieces brocade
- On August 28 - Five animals Qi Gong, costs \$80
- Regular classes also run at Traditional Qi, 1302/97 Bathurst St, Sydney
- Bookings and information: call 9266 0966 or visit traditionalqi.com

WINTER HEALTH TIPS

- Eat lamb and ginger soup - avoids winter depression
- Soak your feet in hot water - improves circulation and reduces chance of stroke
- Keep lower back and stomach warm - protects kidney function and enhances immune system



Prof Ai Jun Niu.
Picture: CARLY EARL -PP459894

The animal connection

ALEX WARD

ONE of China's top Qi Gong teachers has travelled from China to teach traditional animal movements in Rozelle.

Prof Ai Jun Niu will teach Qi

Gong exercises – some of which are based on the tiger, deer, bear, monkey and bird – at Sydney Secondary College.

“Each movement is connected with organs and channels in the body,” Prof Niu, through translator

and traditional Chinese medicine practitioner Angela Zhu, said.

Qi Gong was designed to develop and maintain a healthy mind and body.

“This is one of the biggest traditions in Chinese culture to give

people better health and wisdom,” Prof Niu said. “Before you can make muscles strong, you’ve got to make your insides strong.”

He said coming to Australia was a chance to show people how Chinese people look at the human body.

Go online win pass to Israeli film night



ISRAEL'S best filmmakers will be on show at the Palace Verona, Paddington, from August 23 at the AICE Israeli Film Festival.

Back for its eighth year the festival includes 13 feature films, documentaries and a short film, showing to August 28.

Films have been selected to bring stories and vision of Israeli filmmakers that will thrill, move and excite.

The Inner West Courier is giving away three double passes to the opening night on August 23.

For your chance to win a double pass, worth \$60, head to our Facebook page.

For more information on AICE Israeli Film Festival, including a list of films, screening times and tickets go to palacecinemas.com.au

DART ENERGY

NSW Energy Security and Coal Seam Gas

A public meeting will be held to discuss NSW energy security and coal seam gas exploration in the greater Sydney area.

When: 6pm Tuesday 16 August.

Where: St Peters Town Hall, 39 Unwins Bridge Rd, Sydenham

Who: Dart Energy

The meeting will provide a general update on proposed exploration activities in the St Peters area.

Dart has no immediate intention of drilling at St Peters given other priorities in NSW. However, if you have questions about coal seam gas, how exploration drilling works, and want to know more about how the industry works, we would welcome an opportunity to explain our activities.

For more information about Dart Energy, visit us at www.dartenergy.com.au

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