

# Highland's Tai Chi Spirit Members Win at International Competition !



On Saturday, September 17th, the 4th Annual International Qigong Tournament was held at UBC. It was the first time it had ever been held outside of Asia.

Four members of the North Shore Tai Chi Spirit along with 10 members of the Shou-Yu Liang Wushu, Taiji & Qigong Institute (SYL) participated in the event.

The youngest team member was 11 years old while the youngest at heart was 71 years of age.

Josie Loerich, a long-time student at SYL, & Instructor for the North Shore Tai Chi Spirit (that practices out of our Highlands United Church gymnasium twice a week), trained the group and led this Canadian Team, coached by Grand Master Shou-Yu Liang, in this ancient qigong form called Yi Jin Jing.

## WHAT IS YI JIN JING?

Yi Jin Jing is a set of movements designed to strengthen & stretch the muscles and tendons. The exercises combine coordinated breathing and mental techniques. It is suitable for all ages.

These movements have been proven to improve health and fitness, prevent diseases, lengthen life and improve the intellect. In particular, practice of the Yi Jin Jing exercises has very impressive effects on the respiratory system, flexibility, balance and muscular strength. It can also prevent and cure diseases of the joints, digestive system, cardiovascular system and nervous system.

Special thanks to Kathy Adie who taught the Highlands Tai Chi group while the Canadian Team was competing.



Over 400 participants & 25 countries participated.

