

Natural Step School - April Newsletter 22

Dear player of Tai Chi,

A very big welcome to all the new players that have joined the school this month. If you are an existing student please be sure to introduce yourself when you see a new face around the studio. Spring reveals that transformation in life is a natural & necessary process if we are to remain open & honor our inward journey. The lineage of Natural Step School is very much about supporting you on this journey while keeping you healthy & hopefully happy as you discover the benefits of this wonderful ancient tradition.

Whether you have just begun or are a longer term student it is wise to ensure that the basics are in place. The Natural Single Weighted Step exercise is central to being at ease as you play the postures of the form. A few minutes practice of this exercise throughout the day will really help your balance and improve lower body strength. Remember to keep consciousness in what you are actually doing. This helps you live life in the reality of each present moment. Move below the speed of habit & sink consciousness to the soles of your feet.

Saturday April 25th is World Tai Chi day. This is a day in the year when all practitioners of Tai Chi will celebrate this healing art around the world. Natural Step is no exception and each year we meet to greet the sunrise at the SW corner of Lake Calhoun, Taylors beach.

Sun up is 6:13 so we will gather at 6 ish rain, shine or snow!

OK so this time may not be to your liking so we plan to meet in the Wirth Lake Car park later in the day at 2:30 for a Tai Chi in the park session. There's a great spot for Tai Chi just a few minutes walk away over looking the lake. Wirth Lake is just off Glenwood Ave before it crosses Theodore Wirth Parkway. Doesn't matter how long you have been learning Tai Chi come along to either or both and enjoy half an hour of meditative movement together.

As classes progress I'm always interested to hear about your experiences & welcome any feedback. Perhaps you have ideas that would improve our teaching or support others with their practice. Your input is important so please ask questions in class & stay in touch in between them. If you haven't joined us on Facebook yet please do so as we try to bring you meaningful & helpful information. Go to home page of the website <http://www.naturalsteptaichi.com> & you'll see the FB logo there

Sunday April 26th there will be a talk & meditation at the center, all welcome, you don't have to be a student of Natural Step. If you have an inclination towards sitting meditation or are just curious then this is a good way to find out more. The talk is at 4:30, the meditation starts at 5:00 and we finish up at 6.

The All Energetics - VortexHealing® newsletter is out. If any of you wish to receive it let me know & i will add you to the mailing list.

That's it. Remember you have to engage through the practice of Tai Chi for it to work. The benefits are amazing and well worth it, so be patient, relax & play.

I look forward to seeing you next time in class,

with love

Colin.

"I lived in the present which was that part of the future you could see"

Louise Gluck