

# Natural Step Tai Chi for Health & Conscious Living

## Newsletter 22.6

Hello fellow players of Tai Chi with Natural Step School,

I hope this newsletter finds you in good health & enjoying life.

Frequently I hear how full & stressful life can get for many of us. Just going from day to day while maintaining inner peace & remaining relaxed is a real challenge. This is when we need our practice the most. When we play Tai Chi, dropping below the speed of habit, moving with softness, opening & releasing the system physically & emotionally a shift occurs. We have stepped from one paradigm into another. For a while our pattern of 'operation' will change. As we grow more accustomed to this new paradigm the mind & body become more familiar with it. What's taking place is that you are reconnecting to the 3 principles inherent in your system, Presence, Relaxed & with Heart. This transition may be subtle at first but this week I have heard this transformation taking place in students that have just started & in students that have been playing Natural Step Tai Chi longer. Last Saturday in the Short Form Deepening class it was incredible to hear students stories about how the 3 principles are manifesting for them in every day life. Good stuff, it works, but its up to you to make it work by playing with what we show you in class. Try not to let a day go by without practicing something.

Onto other dates & info now.

### **Road Construction on H 394**

Advice is to try a route that brings you in from the North of the center. For instance 94 to 55 then Theodore Wirth Parkway, Glenwood Ave. If travelling up from the South getting onto Theodore Wirth Parkway around Cedar Lake is neat. If you are not sure check before you leave on your normal route to see if you will be effected. Please don't rush if you are running late & ask if you are not sure.

### **Fees for August are due**

Please try to get your class fee for August paid at your next class. Thank you.  
\$75.00 Regular \$85.00 Unlimited

### **Principles of Practice Booklet**

This is available at the desk. It's really a must have because it consolidates & expands upon all the principles of practice that you will need. Cost \$15.00

## **Student area access - all Stages**

Username is - n@tural22

Password is - Allis1

## **New Classes just started**

A New Tai Chi for Better Balance class every Thursday 9:30 to 10:15 a.m

Ideal for older adult family members, Parkinson, Alzheimers sufferers. All Welcome.

New Beginners classes every Friday from 1:00 to 2:00 p.m

Foundation Form, Short Form. All welcome & its not too late to start!!!

## **August Complimentary Classes**

Tuesday August 4th - 12:30 to 1:30 p.m

Wednesday August 5th - 6:00 to 7:00 p.m

Thursday August 6th - 10:30 to 11:30 a.m

Saturday August 8th - 10:30 to 11:30 a.m

## **Mirror Form or Left Hand side - 4 class workshop**

Saturday August 29th, Sept 26th, Oct 31st, Nov 28th - 12:30 to 2:00 p.m

Yes! - instead of sinking into the right you sink into the left, its the Mirror Form.

These 4 classes you'll have a lot of fun & laughter as you engage with the intuitive side of the brain. Register interest by email to me soon.

## **Next meditation & group healing**

Sunday July 26th - 5 to 6:00 p.m

## **Basic 5 day VortexHealing® training**

Sunday August 9th - 5 to 6:00 p.m

Colin will tell you what you'll receive on the October course & answer your questions

## **Online with Lorraine Goldbloom VortexHealing® teacher**

Sunday August 13th - 6:30 to 7:30 p.m

This is a free live online event with your home computer.

You must be registered to participate.

## **Basic Training in VortexHealing® - October 10th to 14th**

There are only 6 teachers in the world. Lorraine is one of them & she is coming to your doorstep in October. The course itself is an outstanding opportunity for

personal self development & permanent change.

For more information -

<http://www.naturalsteptaichi.com/documents/BASIC%20VORTEX%20TRAINING.pdf>

## **T - shirts**

You can now personalize & own a Natural Step T- Shirt.

There are 3 Logos to choose from, Colors, Sizes, Styles

'May all beings live in peace & happiness without fear'

'All is One'

'Love everyone'

Use this link - <http://www.zazzle.com/frazzle+gifts> then search for Natural Step Tai Chi