

Natural Step Tai Chi for Health & Conscious Living

Newsletter 22.3

So a very warm welcome to the new members starting Tai Chi this month. Hopefully too, we can welcome some warmth back into the month of May very soon!

There have been some recent updates to the website with some additional handouts and videos of the Short Form so look out for those. The new School membership guidelines are also to be found in the student area. Current members Id numbers are next to your name in your email address.

To celebrate our second year at the Penn Ave Center we have 3 Natural Step T- shirts waiting for 3 winners. Simply drop your name into the 'Fees Please' box & we'll let you know the outcome by the beginning of June.

Here is a list of dates for events and classes coming up

Long Form Deepening Classes

Every Tuesday 8:00 p.m & every Sunday 11:30 a.m

Short Form Deepening Classes

Every Wednesday 7:00 p.m & every Sunday 10:30 a.m

Tai Chi for Better Balance Classes

Every Wednesday 9:30 to 10:15 a.m

Single Push Hands - Last Class

Saturday May 30th - 12:30 to 2:00 p.m

Meditation & Group Healing

Sunday May 31st - 4:30 to 6:00 p.m

Complimentary Classes

Wednesday June 3rd - 12 to 1:00 p.m : Thursday June 4th - 7 to 8:00 p.m

Friday June 5th - 1 to 2:00 p.m : Saturday June 6th - 9:30 to 10:30 a.m

Free Recycling of Electronic items hosted by Natural Step

Saturday June 6th 10 to 2:00 p.m - Location is 3 minute drive from Center

Mirror Form 4 class workshop

Starts Saturday August 29th - 12:30 to 2:00 p.m

New Long Form Class

Starts Sunday September 6th - 10:30 a.m

Basic VortexHealing® Divine Energy Therapy Course

October 10th - October 14th

As the third year in our own center begins we are sending out a very big thank you to all students of Natural Step Tai Chi both past & present for your support of the school. And please know that if we haven't seen you for a while we would be delighted to see you & welcome you back.
with love & good wishes from all the teachers.

"There are two ways of looking at life.
Either everything is a miracle or nothing is a miracle."
Albert Einstein