

Natural Step Tai Chi for Health & Conscious Living

September Newsletter 22.7

Hi everyone,

These summer months have simply flown by. Already September! What happened? A lot of very positive things have been happening in the school, in classes & at the center.

Each week a theme appears to arise from nowhere & gets carried through into all the classes regardless of where we might be in the Form. Recently these themes revolve around the outstanding & underrated principle of softness. The Principle of Softness arises around & in us all the time. While its something we likely have lost touch with it's certainly something we can reconnect to in our Tai Chi practice & appreciate the benefits of in everyday living. As we start to truly relax & soften into a posture, relaxing all sense of doing, we surrender into a transformed way of being. Its as if our 'guard is down' & we can open to what is available in the moment. Have you ever noticed what a blessing it is to simply 'let go' an inner conflict completely, 100%. We have all had this experience at some time or other & know its a huge relief. Letting go isn't about 'rolling over' or saying 'whatever!'. These options, while they might help, are still attached to avoidance & our survival techniques. To truly 'let go' we need to yield & soften to our own reactions which inevitably are the reasons for our own inner conflict. We push ourselves over with our own reactivity don't we?

So by adopting the Principle of Softness, which promotes compassion for self & others, we accept more & struggle less. In your Form look to see where you can 'give up' a little on effort, let go of 'getting it right'.

OK so moving onto dates & things.

Welcome

First a very big Welcome to all the new School members joining the school this month. Current members if you notice a new face please introduce yourself.

Weekly Class schedule

<http://www.naturalsteptaichi.com/students/weekly-schedule.html#>

Accessing online videos & handouts

Go to current student area scroll down, find Click here, open window, then

Username - n@tural22

Password - Allis1

Complimentary Classes

Saturday Sept 5th - 11:30 a.m ~~~ Sunday Sept 6th - 9:30 a.m

Still places left & time for you to invite your friends. Please help.

Friends!

Lots & lots & lots of good things go out on our Facebook page.

Don't miss out, ~ like us

<https://www.facebook.com/pages/Natural-Step-Tai-Chi-Center-for-Health-Conscious-Living/152691784760331>

Tai Chi Slippers - the good ones!

http://www.amazon.com/gp/product/B00FI2R9QI?refRID=S9R579CF15TCCE0AJ23T&ref=pd_bia_yo_t_2

Teleconference with VortexHealing® teacher

Sunday September 13th ~ 6:30 p.m

Find out more about this transformational energy healing lineage, 5000 years old.

Q & A plus you'll receive a healing. Places limited get back to me AQAP.

Guided sitting meditation

Sunday September 27th ~ 5 to 6:00 p.m.

Open to non members so invite who you like.

Class Location Change - V V ~ IMPORTANT!

Saturday October 10th to Wednesday October 14th ~ 9:30 to 6:00 p.m

All classes on these days & between these times will take place at the Uptown

Community meeting place in Bryn Mawr. Can't miss it - its very red & on the opposite

side of street to our coffee shop, Cuppa Java, just around the corner from Natural

Step.

The Natural Step Center is hosting the 5 day Basic VortexHealing® course & will be closed for classes occurring before 6:00 p.m.

Evening classes at 6:00 p.m and later will be run at the center as usual.

Please try to make a note/reminder in your diaries now as its important that the course isn't interrupted once underway. Thank you.

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

The 18 postures of Tai Chi Shibashi

Monday October 26th + Monday November 2/9/16/23/30 ~ 12:30 to 1:30 p.m
Following on from the success of last time Teri McNamara taught Shibashi she is running another 6 week course. Brilliant!

You won't find many if any schools teaching Shibashi in the entire USA. They are a wonderful addition that will bring in many many health benefits. Particularly good for the immune system as we head into brrrrrrrrrrrrrr time!

<http://www.naturalsteptaichi.com/center/shibashi.html>

The Mirror Form (Left Hand Side)

Saturday October 31st + November 7/14/21/28 ~ 12:30 to 2:00 p.m.

In the safety of your own home try starting the Short Form by sinking into the left leg & opening into Grasp Sparrows Tail on the left side & keep going.

Presents a Tricky conundrum perhaps? That's because we are using now using the right side of the brain which science will have us believe is associated with the realm of creativity & intuition.

In this 4 week course we guarantee that you will laugh a lot, get lost, get found, be perplexed & experience your bodymind from a very different perspective.

The course is limited to 12 people & places have already filled. If you want to sign up then get back to me AQAP, first come first served. Course fee is just \$85.00.

2016 ~ Yup it'll be here in a blink of an eye

Saturday January 9/16/23/30 ~ 12:30 to 2:00 p.m

Push hands & Ta Lu classes. More info coming closer to the time.

*'row row row your boat, gently down the stream,
merrily, merrily, merrily, merrily,
life is just a dream.'*