

Hello!

I hope that this e-mail finds you all in good spirits!

The first and most important thing is that our little dog, Jimi seems to be getting on well with his post operation days. May thanks to all of you who sent good wishes and healing for him.

Since the last newsletter, we have an exciting new development. I shall be running the "Tai Chi Upgrade Course" here in Bourne with the help of my friend Sue Downs. Also, we have some places available on the Microcosmic Orbit course for 24th October, so there are some good opportunities for you to join in with the fun!

I am deliberately trying to keep the newsletters light, so as to not fill your in box but if you want more details then please drop me a line and I will either chat with you about the courses or send you more information.

The Tai Chi Upgrade Course

This will be held on Sunday 27th November from 10:00 am until 4:00 pm at the Angel Hotel in Bourne. The cost for the whole day is £70.00 or if you just want to come for the morning the cost is £35.00 If you want to come for just the morning, that is OK but you will need to come for the morning session if you want to join the fun for the afternoon because we will be working on some of the Energy that we develop in the morning for that session. Concessions are available for senior citizens. Please ask for details.

The idea of the Tai Chi upgrade course is that anybody can benefit from it whether they are complete beginners or Tai Chi masters. We will go through a process that allows us to delve very deeply into the Energy of the form using quite simple techniques that build on each other throughout the day. It is not even vital that you practice Tai Chi. I have taught it to a Yoga teachers before who has found it valuable as have students from other martial arts.

In the morning we will look at some interesting exercises to soften our bodies and relax our minds. This will flow into having a foray into the world of pushing hands. After the break I will show you some training routines that I know are quite unique because they were invented by myself and two of my training partners. They are based on an exercise that our teacher taught, Chris Pei to us.

In the afternoon we will learn about "The Tenth Essence of Tai Chi" which is "Seeking stillness in motion and motion within stillness". Understanding of this essence allows us to become very sensitive to Energy and learn how to manipulate Energy. By the end of the session you will have experienced Energy in a very real way that will leave no doubt in your mind about the reality of the experience. This, however is only a stepping stone. Once we have all stepped together into the world of Energy, we will investigate how to use it for Tai Chi practice or any other work that you may do.

The venue for the course is in the centre of Bourne, Lincolnshire. The manager of the hotel has kindly offered a discount to any course participants who want to stay for the night. Food will be available on the day at extra cost - please let me know if you need food ordering. The website for the Angel Hotel is <http://www.theangelhotelbourne.com/>

If you are unsure about practicing Tai Chi for a full day, the venue has an area where you will be welcomed to sit back and relax for as long as you want. Previous course participants have commented about the fact that they felt “surprisingly energised” after the session.

During the day, there will also be the opportunity to ask any questions that you want about Tai Chi.

Microcosmic Orbit Course

The next microcosmic orbit course is on Monday 24th October. Previous sessions have been described as “brilliant” and “really interesting” by participants. In it you will learn how to circulate Energy in two of the main channels in your body. The course is very useful for anybody who studies martial arts or wants to learn an effective way of maintaining their health. For those people who use Energy for giving clients treatments – no matter how you do it with Shiatsu, Reiki, Acupuncture, Reflexology or any of the other Energy arts the course could be considered as vital because it teaches you how to “seal” your Energy into a circuit so that you are protected from anything that comes from your clients. You can either do the first part for £38.00 or the full course for £98.00.

Upon completion of both the microcosmic orbit and Tai Chi upgrade courses, you will be awarded a certificate proving that you have successfully completed and both courses come with a comprehensive information pack.

Because of Annie

Tracy has put some great new photos of her handmade jewellery onto the web site and some new jewellery for you to take a look at. Please take a look at the web site.

<http://www.becauseofannie.co.uk/>

Guys – do not feel excluded here. You all have a wife, girlfriend, sister, mother or friend who needs a treat. Tracy has become very expert at intuiting exactly the right custom piece for that special person and making them feel special. Go on – treat the ladies in your life to some sparkle!

Many thanks for your valuable time taken reading my newsletter. Please contact me if you want to know more

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