

Hi,

**If you have received this newsletter then I have you on my mailing list. If you would prefer to not be then please just drop me a line with "Unsubscribe" in the subject header and I will take you off the list. Conversely, if you know of anybody who would be interested in receiving the newsletter, please forward it to them and perhaps copy me in so that I can put them on to my list.**

I hope that the two weeks or so since the last Newsletter have been good to you.

For my girlfriend Tracy and I it has been a testing time as our eldest cat, Pepper decided to move on to the next world and wait for us at the Rainbow Bridge. He went quietly in the night after a difficult few weeks. In his latter years, he was on a renal support diet. This means that he needed some special (and expensive) food and that we have a load that we do not need. There are various charities in town that will take it but if anybody on this email list has or knows of somebody who is feeding a cat with special renal food then you can have it free.

The **Tai Chi Upgrade course** is happening on 27th November at the Angel Hotel in Bourne. We have an interesting mix of people coming to it but there are still some vacancies if anyone wants to come for the day or just the morning. Please contact me if you are interested.

A new event for your diary, is the **Bourne Christmas Market**. It is happening on Saturday 3rd December. There will be loads of things to look at like continental market, craft market, street performers and more. I will be doing a display of Tai Chi hand forms, sword forms, sabre form and pushing hands for the event at 3pm on North Street (just near the entrance to the Burghley Arcade.)

Tracy will also be there as we have a market stand for her to sell from and for me to talk to people about what I can do for them. Please pop along and say Hi (we will have wine for you!!!). If you want to take a look at some of the latest work Tracy has done, then her website shows it at <http://www.becauseofannie.co.uk/>

Here is a summary of the activities from Ki-Ways in the pre Christmas period:-

- **Tai Chi Upgrade Course** – 27th November at the Angel Hotel in Bourne. You can do the morning for £40.00 or the whole day for £70.00
- **Bourne Christmas Market** – Free!
- **Microcosmic Orbit** – Monday 12th December at Wake house in Bourne. You can either do the first part for £38.00 or the full course for £98.00.
- **Winter Solstice meditation** - Monday 19th December at Wake house in Bourne starting at 10:00 for approximately two hours. The investment cost is £12.00, but this investment cost includes a £2.00 donation to Bourne Wellbeing and Mental Health Support Group
- **Evening Tai Chi lessons** at Wake House on Tuesdays at 7:15 at £7.00 or £6.00 for senior citizens

- **Daytime lessons** at Wake House – various prices
- **Shiatsu treatments** at Wake House - £12.00 for a short treatment or £38.00 for a full treatment.

Vouchers are available for all Ki-Ways courses and treatments.

Also, please keep an eye on the “Discovering Bourne” magazine, if you are living in Bourne as I have been writing an editorial slot for them.

In the New Year, we will be running the “Key to Ki” course. Quite a few people have shown interest already. If this is something that you would like to look further into then please get in contact. I shall try to be as flexible as possible giving as many learning opportunities as I can so that anybody who wants to take part can do so. It is ideal for anybody who gives treatments, practices martial arts, works with counselling, is interested in self development or just wants to learn more about Energy

Hope to hear from you soon!

Ray