

The first thing that I would like to say to you all is

# Happy Christmas and have a Wonderful New Year!

## And thank you for your support in 2011

It has been good year for me setting up my new Ki-Ways business and it would have been impossible without your support.

Highlights of the year have been:-

- **The Tai Chi Upgrade Course** – We did this in Bourne, Lincolnshire and Barnstaple, Devon. Both courses were well attended and everybody enjoyed them. All participants were able to delve into the concepts of Energy more deeply after the course. Participants ranged from people who had never done Tai Chi before to highly experienced Tai Chi instructors. The Ki-Ways signatures of high quality coaching, understanding of Energy, good course notes and high technical ability gave people what it said on the title – A Tai Chi upgrade
- **Winter Solstice Meditation** – this was somewhat of an unexpected bulls eye! The original concept was to have two or three people in my studio and run a small meditation group for the Winter Solstice. I realised that the interest was higher than I first anticipated and hired a larger room – which we filled! We did a very powerful set of meditations based on the healing smile and five elements.
- **Shiatsu treatments and Tai Chi classes** – it is somewhat humbling to see the improvements that people have been making in their lives with the assistance of Tai Chi and Shiatsu. It is with the utmost respect that I think all of those who have had the courage to make the changes in their body, mind and spirit through my coaching and treatments to become closer to what they want to be in life – whether that goal is reduced pain or a complete life change. I am grateful to have been called upon to help instigate the changes in peoples lives.
- **Dementia and Alzheimer's Support Group, Day Service Group** – before changing the direction of my life to the one it is in now, I had relatively little contact with Alzheimer's disease, dementia, learning difficulties people etc. I have been highly privileged to be asked to help these groups in Bourne. Interestingly, I think that I have learned more from them than they have from me! The best thing is that we all had a great time doing it!
- **Bourne Body, Mind and Spirit Fair** – Wow! Talk about a learning experience! I had never organised anything quite like this before but we managed to fill Wake House with customers for the whole day to talk to therapists, try sessions, have a drink and listen to music. I made lots of great new friends from the event and am looking forward to the next

So, it feels to me like Ki-Ways is moving in the right direction! There were many other things that made me feel happy and proud but I think that this gives you the flavour.

In 2012, there are already plans for more events and sessions. Here is a sample of some:-

- **New Website** – on the way in early 2012. It will include much more detail than the old one along with blogs, old newsletters, course descriptions and the Ki-Ways image.
- **The Tai Chi upgrade Course** – Following the success of the previous courses, we will re-run them. If you have already done the course and would like to do it again, a discount can be arranged. There will also be **other Tai chi upgrade courses**. For example, there is already a set of courses written that helps you to connect the Energy of your Chakras to your Tai Chi.
- **Meditation Groups** – In 2012 I will be offering meditation sessions around the Solstices and the Equinoxes that will follow a similar formula to the Winter solstice session. there was also much interest in setting up a meditation group so this will be started early in the New Year
- **Body, Mind and Spirit Fair** – the last one worked so well that we will run another one
- **Networking Group** – I will be hosting a networking group for therapists, healers, health coaches or just about anybody who is interested in helping people in their lives. We have a lot to offer and if we learn how to work together then I think that it will be so much easier to get the message across to people.

Dates for all of these will be posted on Newsletters in the New Year.

If you are interested in any of the above mentioned events or have a requirement that you think we could meet – please let me know and we will see what we can do.

So, have a great holiday and if I do not see you before, I shall look forward to seeing you in 2012

Kind Regards  
Ray

[www.ki-ways.com](http://www.ki-ways.com)