

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.**

This newsletter contains details of the Spring Equinox meditation session, a short write-up for the Tai Chi Upgrade Course and a jewellery offer from Tracy's “Because of Annie” business.

### **Spring Equinox Meditation Session**

Following the success of the winter solstice meditation session, **I will be holding a meditation session quarterly for the equinoxes and the solstices.**

The Spring Equinox meditation session will be held on Monday 26th March. It will start at 10:00 am and last for approximately two hours. We will use Taoist ideas and images for the meditations with a tea break in the middle of the session. It will be held at Wake House, 41 North Road, Bourne PE10 9AE.

The cost will be £12.00. Please be sure to book your place as this was very popular last time and we need to ensure that there is comfortable space for everybody. Please bring a flower.

### **The Tai Chi Upgrade Course**

The second Tai Chi Upgrade course was run on Sunday 11th March. We had a beautiful Spring day to compete with but did have a nice group to take a journey into the deeper realms of Tai Chi.

In the morning, we worked with the connection between body and mind using applications and posture testing. The work was quite physical but was enjoyed by all.

After refreshing ourselves over lunch we looked at ways to personalise our practice. This started by learning a series of stretches that emphasise certain meridians. This gave us information that we could use to “flavour” our practice. We then went into Nine Star Ki, the Ten Essences and Chakras to help us to understand what we are doing physically, mentally, emotionally and Energetically with our practice. This knowledge gave participants some useful tools to make their practice more efficient.

The last couple of hours of the day were spent understanding, feeling and using the eight basic energies of the Tai Chi form. The participants were delighted and amazed when they were shown how to use soft force instead of muscular force and actually get better results!

The day was closed with a group meditation session.

Everybody who attended enjoyed the course a lot and said that they gained from it.

As the instructor for the day, I would like to thank all participants for joining in with such gusto and making the day the success that it was.

- **The Guarantee** The guarantee is that if you are not satisfied with any of my courses, classes or treatments, let me know and I will offer you a no quibble refund

### **Because Of Annie**

As well as the the bespoke website ([www.becauseofannie.co.uk](http://www.becauseofannie.co.uk)) and the Facebook business page ([www.facebook.com/becauseofannie](http://www.facebook.com/becauseofannie)), Because of Annie now has a 'shop' on Etsy, "the world's most vibrant handmade marketplace!" too. Tracy is making and adding new pieces all the time - visit <http://www.etsy.com/shop/BecauseofAnnie> to see the latest creations.

**Tracy is offering a 10% discount for all Ki-Ways newsletter recipients** as long as you place and pay for your order before the end of March. Everybody needs sparkle in their lives – treat yourself or your loved ones to some amazing, one of a kind jewellery."

Let me know if you have any thoughts, ideas or requests.

I would be happy to try and accommodate you with anything that you may need.

Until we meet next time,

HAVE FUN!

Kind regards

Ray

Ray Pawlett

Owner

Ki-Ways

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