

# Cotswold Edge Internal Arts

*tai chi and the internal arts    traditional Chinese therapies*

## **Newsletter Issue No. 8, April 2017**

It must well and truly be spring at last, as I found myself thinking that I really should go and get my hat today, as I was practising outside. Also the cat and dog who were lying lazily in the sun, decided that it was time to seek some shade.

Spring is a time of growth, seeds sprout and leaves grow and (sometimes !) the sun starts to warm the earth.

In Chinese Medicine Spring signifies the Wood element, the colour green (for obvious reasons !), and the liver and gall bladder organs. Also the emotion anger...not sure about this one, although Spring is yang in nature.

One of the great rewards of time spent learning Tai Chi and Chi Kung, is when you are able to really immerse yourself in your practice, when outside in the nurturing fresh air, with the warmth of the sun (albeit somewhat intermittent presently). The warmth of the sun on body helps to relax and soften the muscles, warms the skin, improves the blood flow and when it heats the back helps to re-juvenate the kidneys.

Remember for good Qi (chi) we need fresh air, healthy wholesome food and fresh water.

**Sat 22 Apr 2017**

### **Qigong Workshop with Mark Collins**

This a day to **relax, rejuvenate and energise**, All of the Qigong exercises/sets will be easy to follow, so we are able to come away from the day feeling the benefits, feeling great and re-charged.

**10am-12.30pm, Lansdown Hall, Stroud. (inc. several green tea breaks)**

The programme for morning will include loosening/relaxation exercises, learning

Tai Chi Qigong Shibashi 2nd<sup>t</sup> set (more dynamic than 1st set and opens channels in legs and improves balance). We will see how this evolves so may cover 1st 9 moves (half) only or all 18.

**1.30- 4pm, Lansdown Hall, Stroud. (inc. several green tea breaks)**

We will focus on the 8 Strands of Brocade (Baduanjin) set. This is possibly the oldest form of Qigong and has many health benefits. Will also cover the Six Healing Sounds and a little sitting meditation (on comfortable chairs).

Qigong (Chi Kung) practice is sooo good for getting in touch with the body's own healing feedback system, which can help reverse the damage caused by stress, unhealthy habits, poor diet and negative emotions.

*Feeling good want to feel great*

*Feeling below par want to get good energy and positive outlook*

*Helps improve your Tai Chi*

Cost : £35 adv. (£45 on door if places left) for whole day or £20 adv for half day. To book either by cash at a class, cheque or by bacs a/c 24568141 sort code 40-47-62 (please put your name as ref.)

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**Sat 27 May 2017 Tai Chi Basics with Mark Leonard (Bristol Tai Chi Assoc- 30 + Years Experience Internal Arts)**

An opportunity to train again with Mark Collins' Tai Chi teacher Mark Leonard (11<sup>th</sup> annual visit). Workshop will include detailed correcting of posture, standing meditation, silk reeling, 1st part of Tai Chi Chen style Laojia & more . Speak to anyone who attended before for great feedback from this workshop !

Venue- Lansdown Hall, Stroud 10.30am - 1pm Cost £20 in advance or £30 on the day if places left.



My next monthly Tai Chi workshop will be **Saturday June 17<sup>th</sup>** 10am-12.30 at Lansdown Hall, Stroud. Let me know if there is anything particular you wish me to include. Cost £15/£17 adv £20 on day if places left.

### **The Power of Standing Still**

Below is the link to an article on Standing meditation (Zhan Zhuang) which we practice in the classes (and of course daily at home !), to relax, release tension, energise and realign us. This is more efficient than excessive physical exercise, which say can drain our energy and put too much strain on the body.

The idea behind this type of 'stand like a tree' qigong is that the less physical movement you make, the easier it is for your chi (or life force) to circulate freely round your body. Standing meditation is one of the fundamental training exercises in Chinese Internal Arts.

Link to article below with more info on this if interested

<https://www.psychologies.co.uk/body/the-power-of-standing-still.html>

### **Diet and Nutrition for Spring**



After such a long winter when the low temperatures and darkness most probably made us feel less energised, we may have eaten heavier and richer foods, and possibly consume more sugar and alcohol. Toxics from these foods/drinks may have accumulated, possibly causing blockages in

the various systems of the body. Symptoms may appear when the strong outward spring energy starts to speed up our circulatory system and the detoxifying functions of the Liver. Some conditions such as common spring allergies may actually be an indirect result of our winter habits which burden the body and can result in an over-reactive response to allergens.

A good spring detox followed by a balanced diet that keeps toxicity to a minimum will have a positive impact on any symptoms caused by accumulation. If toxicity is high, the beneficial effects of a good diet could be rendered minimal unless the body has been cleansed first. You could say that it would be like pouring fragrant water into a blocked drain, it will mix and be corrupted by the pre-existing stagnant water unless the blockage is cleared first.

***There are also many benefits for the body in not eating for at least 12 hours, from evening to morning. This gives our often overworked organs e.g. liver, kidneys, stomach a chance to have a little rest and re-charge.***

The link below gives some good tips on detoxing and helpful foods and those better avoided for a while.

- <http://chinesemedicinebristol.blogspot.co.uk/2013/05/spring-clean-your-body-and-mind.html>



### **Rose Oliver & Master Wang Live Broadcast from Shanghai**

Some of you will have been to the Annual seminar I host with Rose Oliver & sometimes also Master Wang Ming Bo, from Double Dragon Alliance, Shanghai.

They were broadcast live over the internet talking about the benefits of Tai Chi and demonstrating movements, with their children's class. It is well worth watching (if only in part !) Rose is very interesting to listen to talking about Tai Chi (taiji), about 5 mins into broadcast.

The Facebook link is below to be cut and pasted into your browser.

<https://www.facebook.com/XinhuaNewsAgency/videos/1689737994386971/?pnref=story>

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### **3rd Annual Tai Chi & Chi Kung Retreat in Oxfordshire**



Do you want to give yourself the opportunity to ***feel levels of energy*** and ***vitality*** not experienced for some time or maybe even ever before ?

Do you want to give your mind and body the chance to ***truly re-juvenate***, in an environment where you could concentrate all your energies towards yourself and your training, away from any distractions, stress or commitments ?

This August I will again be running a Tai Chi & Chi Kung (Qigong) Retreat, jointly with another local teacher Jeff Docherty and we will share the teaching. We each teach different aspects of these arts and will complement each other.



It will again be at the wonderful Braziers Park, as above

([www.braziers.org.uk](http://www.braziers.org.uk)) in Oxfordshire from **Fri 18 August to Sun 20**

**August**. This is a residential retreat enabling you to immerse yourself in your practice, away from distractions, with all great organic food, lovely

accommodation and wonderful company. Cost £325 for 2 nights full board (£190 set by Braziers) and tuition fees. Booking with £100 deposit, places limited to max 12 so book soon so as not to be disappointed.

[http://www.cotswoldedgetaichi.co.uk/draft\\_programme\\_braziers.pdf](http://www.cotswoldedgetaichi.co.uk/draft_programme_braziers.pdf) **Link to last years draft programme for weekend.**

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Other dates for your diary ... **Sun 1 July 12- 3 Tai Chi at Newark Park,** Ozleworth, nr Wotton-under-edge (NT). The event is listed on the National Trust website, our 11<sup>th</sup> year there.

(and don't forget that practising Tai Chi little and often like eating brings the most benefits )

*Kind regards*

*Mark*