

# Cotswold Edge Internal Arts

*tai chi and the internal arts    traditional Chinese therapies*

## Newsletter Issue No. 7, November 2016

I hope you are enjoying the changing of the seasons and the wonderful autumnal colours of the leaves. Also at times the crispier air and still some decent temperatures, especially when the sun comes out.

### Training with Master Chen Bing in Greece

I had a very enjoyable week in Greece with Mstr Chen 6 hours a day split into 2 x 3hr sessions. This was held at Candili a retreat in the mountains of Evia, with great training, food and accommodation.



Tai Chi teachers after retreat in Athens at the Acropolis

### Mark and Mstr Chen Bing

### Annual Tai Chi Qigong Workshop with Mark Collins

My annual Qigong workshop will be **Saturday December 10th**, 10am- 4pm, Lansdown Hall, Stroud. (1 hour lunch break and several tea . (green) breaks. £35 adv. £45 on door if places left

This a day to deeply relax, rejuvenate and energise, at a time of year when we often really do need it. All of Qigong exercises/sets will be practised with this in mind and will be easy to follow, so we are able to come away from the day feeling the benefits, feeling great and re-charged.

The programme for the day will include loosening/relaxation exercises, going through Tai Chi Qigong Shibashi 1<sup>st</sup> set , possibly doing some of the movements from set 2. We will focus in depth 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).

### **Cotswold Edge Tai Chi Facebook Page**



I have set up this page to share links about Tai Chi events and related stuff like sharing health tips and recipes. There is a nice link below about the 3 foods we should eat most days. Would appreciate it if some of you could “like” the page.. only has a rather embarrassing 2 likes at present.  
[https://www.facebook.com/cotswoldtaichi/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/cotswoldtaichi/?ref=aymt_homepage_panel)

### **Classes New Term/Block**

#### **Mon 11.30 Lansdown Hall, Stroud**

New payment block starts from Mon 7 Nov – Dec 19 and will be £49 for 7 week block. You could take a week off fees if cannot do last week. (NB. Dec 12 at CSA Blue room) New Term from 9 Jan

**Mon 7pm Wotton** New payment block from Mon 7 Nov – Dec 12. 6 week block £48. New Term from 9 Jan

#### **Weds 10.00 Lansdown**

New block Weds 9 Nov- Dec 14. 6 week block £42  
NB. If doing this in addition to Monday class cost only £3.50 per class. Dec 16 at CSA Blue room. **Nov 9 starts 9.45am**

**Fri 11.15 Courtyard Clinic, Dursley** New payment block from Fri 4 Nov to Dec 16 £56 for 7 weeks.

[Thur 7.15 St Dominic's Hall, Dursley](#) New payment block from  
Thur 29 Oct - Dec 17 and cost £64.

[Tues 10.00 St. Dominic's U3A \(see Liz\)](#)

**Cotswold Health Clinic-** I am still practising Tui Na Chinese Massage, Acupuncture & Medical Qigong from here on George Street, Stroud and also from home in Dursley. Please see me for a leaflet/bookings. Recent feedback from clients includes “painful carpal tunnel wrist so much better”, “my sense of wellbeing has improved and feelings of releasing”.



### **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 ?

Next 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, see photo 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 for 2 nights full board (£200 set by Braziers) and tuition fees £325 or eco-camping £240. £100 deposit secures a place.

[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. More details to follow re-payment of deposits etc.

## World Foods shop in Stroud



A free plug for Amrat's World Foods shop nearly opposite Sub Rooms. He has some great healthy and natural food choices, both really good fresh fruit/veg and also packaged stuff, like fermented foods sauerkraut and Kefir. He is very helpful and friendly so do pop in. \_

## A Student's Contribution

Need some more of these please. Could be about experiences when practising in class or home. Healthy recipe ideas....etc.

## Autumn and Traditional Chinese Medicine

Link below to article describing how we should seek to live our lives in tune with the different seasons and nature generally, as with Taoist principles. This could mean making sure we get enough sleep, as our bodies get less sunlight and need more sleep. Also looking at how we should adapt our diet to the colder weather, like eating more warming foods.

<https://www.acufinder.com/Acupuncture+Information/Detail/Enjoy+the+Energy+of+Fall+Autumn+and+Traditional+Chinese+Medicine>

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Other dates for your diary ...

Thur 17 Nov 6.30 – 9pm Annual **Chen Ying Jun Workshop**

– Bristol (hosted by my main teacher Mark Leonard and the chance to train with the son of Grandmaster Chen Xiaowang. A chance to see really high level Tai chi and your standing posture corrected very skilfully, in a friendly environment) See Mark C for details

**Sat 20 Nov- Mark's Monthly Tai Chi Workshop-** Lansdown Hall 10-12.30  
£15adv £20 on day.

**Next issue-**, More Chinese Medicine , foods with energy and those to avoid & much more

*Best wishes Mark*