

Cotswold Edge Internal Arts

tai chi and the internal arts traditional Chinese therapies

Newsletter Issue No. 10, October 2017

I hope you are enjoying the changing of the seasons and the start of some wonderful autumnal colours, while still seeing some decent temperatures still.

3rd Annual Braziers Park, Oxfordshire Retreat Aug 2017



(photo taken in front of house just before reluctant departure)

I think it would be fair to say that everyone enjoyed the weekend as much as myself and my fellow teacher Jeff Doherty always do. The weekend from 18-20th August went very well indeed, great group, venue, training, food and weather. What more do you need ? Everyone seem to be really rejuvenated after the Retreat and that is the main aim. Dates for 2018 are Fri 31st August to Sun 2nd September (details to follow).

My monthly Tai Chi Workshop this Sat 21st Oct

Suitable for beginners and the more experienced, everyone will get something out of it. **The Workshop will include Chen Bing's famous Fansong Gong exercises. These concentrate on relaxing mind/body and**

opening the joints, to increase Qi circulation and both make us feel very good, while being excellent for good health. We will also practice silk-reeling, standing practice and corrections and Laojia form. If time allows we will finish with some sitting meditation, on chairs.

10-12.30 Lansdown Hall, Stroud £18 adv, £25 on day

All day Qigong Workshop with Mark Collins

My annual Qigong workshop will be **Saturday December 16th**

10am- 4pm, Lansdown Hall, Stroud. (1 hour lunch break and several tea (green) breaks. £35 adv. £45 on door if places left

This year I will focus on the 5 Animal Qigong Forms e.g. Crane (Heart), Tiger (Lung), Bear (Kidney), Monkey (Stomach), Deer (Liver) Learn these wonderful forms of Medical Qigong for healing, rejuvenation and general health.

The Six Healing Sounds will also be taught, which were well received last year.

We will also going through Tai Chi Qigong Shibashi 1st set as a warm up along with our loosening and joint opening exercises.

Also some other great energising exercises, **essential** for this time of year !

Tai Chi Improves balance and co-ordination for Parkinsons Disease

Harvard have completed some research which I suppose unsurprising shows good results for those with Parkinson's regularly practicing Tai Chi. Do you know anyone who may benefit from the classes ? Either with Parkinson's or not, please don't keep it to yourself, let them know !

Link to article below

<https://www.health.harvard.edu/blog/tai-chi-improves-balance-and-motor-control-in-parkinsons-disease-201305036150>

Training with Master Chen Bing in Greece

I once again had a very enjoyable week on the island of Samos, Greece with Master Chen Bing, who is based in Chen Village (Chenjiagou, Henan Province), 6 hours a day split into 2 x 3hr sessions. Swimming in the Aegean between classes and lots of great food.



Mark and Master Chen Bing



Mark relaxing between Training Sessions

Tui Na Massage and Acupuncture go hand in hand with practising Tai Chi and Chi Kung.

Tui Na is a therapeutic form of [massage](#) and has been used in China for more than 5,000 years. Defined as “the ancient healing art of fingers and strength,” tui na (pronounced “twee nah”) has been gaining international attention for its safe and effective treatment for a wide variety of conditions. Tui na massage therapy is used for giving special treatments to people of all ages, from infancy to old age. This complementary Chinese medicine modality makes use of rhythmic compression techniques along different energy channels of the body to establish harmonious flow of qi throughout the body and bringing it back to balance. By applying pressure to meridians, acupoints, and groups of muscles and nerves. Tui na removes blockages and works deeply with the positive energy of the body.



I have a special offer for Tui na treatments for November/December. For the 1st six people booking there is a discount of 20% on the £40/1hr fee, reducing the cost to £32. This is either at Cotswold Health Centre, George St., Stroud or my home dedicated treatment room in Dursley.

Other dates for your diary ...

- Thur 16 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 18 Nov** My last Tai Chi Workshop this year 10-12.30 Lansdown Hall

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

Best wishes

Mark