

Temple



Pathway

Steps on the Way



Meditate on your Coffee?

How we make the most of the little things

With over a dozen websites, editing books, films, and project planning, it is easy for me to become complacent about sitting in front of a computer for hours at a time. Thankfully teaching Tai Chi and Daoist Qigong gives me the knowledge and incentive, to get up and move. Gloria is better at this, she is rarely still, and, as I struggle with the first newsletter in over a year, She announces its time for our morning coffee break.

Continued on page 3

Inside

Find out what the Times thinks about Qigong
Read about Daoist meditation
Link to a guided meditation.

Page 2

Special offer -Tropic

Be quick and get a bargain on naturally derived, cruelty free and vegan Tropic Skin care range from Sara Razzaghi.

Page 4

Stepping stones to...

Learning anything is easier when there are markers to guide the way. We have introduced an optional award system for our Tai Chi and Qigong.

Page 5

Ancient Chinese exercise of Qigong is suddenly cool

According to *The Times*



According to [the Times](#) Qigong is the latest way to de-stress, boost fitness and improve longevity — yet it's 5,000 years old.

This of course is no surprise to us... We have been teaching Daoist Qigong for decades. Qigong is a Chinese holistic practice of slow, low-impact movements that incorporate posture; breathing and focus to cultivate a smooth energy flow through the body. It calms the mind, improves wellbeing and fitness, and its fans include the actresses Julia Roberts, Kate Beckinsale and Gwyneth Paltrow, the golfer Tiger Woods, and the musicians Iggy Pop and Gary Lightbody.

We teach Daoist Qigong systems, which cover all the above categories and more besides.

Daoist Qigong reflects nature, it contains the **Fire** and the **Water** methods, making it better for those who are well, and those less so. One of the gentlest, we recommend for anyone struggling with long term illness, is our [Li style, Daoist Taiji gong](#).

Keith's first master, Chee Soo, developed this traditional family style of T'ai Chi form into a powerful flowing Qigong system that is pleasant and energising. We are offering a course on this in October 2018.

The second season of the '[Dive in to Qigong](#)' courses are due to start in September. This is a friendly soothing and energising Qigong class, for mind, body and spirit, while maintaining and improving all round fitness. Run over six week terms, the course is available to beginners and improvers. Covering a variety of Daoist Qigong, including Tai Chi Ruler, Swimming Dragon, and Five Element Balancing Gong amongst other old favourites.

Courses begin again on Thursday 6th September at 11.30 am -12.30.pm. Fees are £30.00 for the full 6 week course or £7.50 drop in.

The class takes place the delightful setting of the Manor Rooms, a delightful Tudor building. 10 minutes walk from the City centre. There is easy on street parking nearby.

Advance with workshops, on Tui Shuo, Applications, Conditioning, and Form

We plan on providing some **workshops on Tui Shuo** (pushing hands), and applications. Tui Shuo is an excellent way to begin the practice of applications, providing a structured approach to the standard applications, while allowing people to practice at their own speed.

On a similar basis, we will offer **workshops on tai chi conditioning, and advance form practice**.

These workshops will be ideal if you wish to make progress with your understanding and performance of Wu Dang Tai Chi Chuan.

Meditate on your Coffee?

One of Gloria's great gifts, is the ability to take pleasure in daily tasks, the simple acts of keeping house can be transformed into moments of pleasure, simply by taking the time to make them enjoyable. In the time it takes for the coffee to brew, Gloria chops the ingredients for lunch. Job done, we stop for our morning coffee break, next to the tiring Agapanthus, and Jasmine. Today I choose the cups; a Minton design for Gloria, and a hand painted Meito cup from Japan for me. Like a Japanese Tea ceremony, we take time to notice our surroundings, a Wolf spider patrolling the bricks, bees and hoverflies, searching the Agapanthus for nectar. Gradually our focus narrows to the exquisite designs on the cups, carefully painted flowers and delicate gilding. In time we lift our cups, inhale the rich aroma, and savour the taste of freshly ground and brewed coffee... time slows down.

And in that space my mind clears, deadlines drop away and we are content.

Make Gloria's Risotto

Ingredients

1 cup of Arborio, or Risotto rice per person.

Chestnut Mushrooms, Leeks, Peas.

Vegetable Stock cube + pint or so of Water

Prepare the chopped vegetables.

Measure one cup per person of Arborio rice.

Gently cook the vegetables in olive oil and add the rice, stirring gently. After a few minutes add about a pint of boiling water (add more as necessary) and one vegetable stock cube and ground pepper.

Lower the heat and leave until rice is cooked, stirring from time to time.

Turn off the heat, cover and leave for a minute or two before serving. Add sliced boiled eggs, crushed garlic, or some grated cheese for extra oomph.

"He who is contented is rich"

Lao Tzu



Grab a bargain, and beautiful skin with this offer from Sara.

I am Sara Razzaghi and I am an Independent Tropic Ambassador.

Tropic Skincare is a British skincare and cosmetics company founded by Susie Ma and co-owned by Sir Alan Sugar.

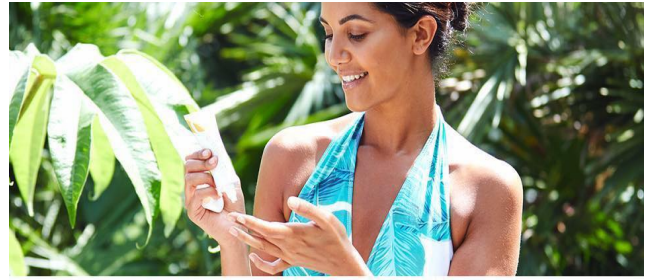
All our products are naturally derived, cruelty free and vegan. Our research is done at our Surrey headquarters, where we design, manufacture and distribute our products.

If you are interested in trying out our award winning products or book a FREE Pamper experience with me, please get in touch.

Sara Razzaghi

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www.tropicskincare.co.uk/shop/sararazzaghi



TROPIC
Summer Scorchers
PAMPER OFFER

Enjoy up to an **EXTRA £40** to spend on Tropic treats when you book a Pamper Experience this August!

CONTACT ME TO DISCOVER MORE

Valid between 01/08/18 and 31/08/18.
Extra £20 on Pampers with £250+ total sales OR extra £40 on Pampers with £500+ total sales.

vegan friendly

Special offer extended for new customers from Golden Rooster School: 10% off your first order placed until 30th September 2018. Minimum spend is £50. (Offer not available via my webshop, only directly placed via my email or phone). Please see above.

Qigong and Meditation - Double the relaxation

We all know that relaxation is good for us right?

Just take a deep breath and relax. Let tension melt from your muscles and all your worries vanish. There are numerous ways that meditation benefits your mind, body, and spirit.

Many people acknowledge the benefits, yet feel that *Meditation* is difficult, but it doesn't have to be.

Our meditation methods are beneficial, easy to access, and as part of our Daoist qigong are doubly effective

Because Daoism observes nature, it understands that there can be many roads to the same destination. The 'Simplest Meditation Technique' is a blog we published some years back, where a news report highlights the benefits of one of the first techniques we teach. It can be used in isolation, or in conjunction with the many other techniques we provide.

By including meditation within our qigong programs and courses, you get all the benefit of meditation, *plus* the additional benefits of qigong at the same time.

Follow [this link to find a guided meditation](#); you can do in your favorite garden chair.



Try this exercise. Just follow your breath. Don't try to change it. When you want to breathe in, do. When you want to breathe out, do so. When you stop breathing in between, that's okay too. Rest in the stillness of the pause. Just observe what happens, as it happens.

Qigong & Meditation - Double the relaxation



3 Ways Meditation boosts HEALTH

- 1 - Increases immune function
- 2 - Decreases Pain
- 3 - Decreases Inflammation

We offer Standing and Seated meditation classes, as well as tai chi and Qigong.

If you would like to try a course let us know by email or in class.

Or fill in [This Form](#) on our website

4 Ways Meditation boosts HAPPINESS

1. Increases Positive Emotion
2. Decreases Depression
3. Decreases Anxiety
4. Decreases Stress

Meditation can be at home on your own, or with a group for shared, social interaction.

Visit the Benefits page on our website to read more about the way practicing these systems helps you maintain or improve health and fitness, and keep a calm, clear mind. Visit our 'Free Stuff' page (renamed from associate members) for free videos, articles and downloads.

Stepping stones to the Stars... optional grading system



Now you can choose to be graded according to the WuDang Tai Chi Chuan, Martial Arts, or Health syllabus.



In the past, we have held Gradings for Teacher candidates only.

Now we would like to introduce you to our optional nine level grading system for the health syllabus.

- ✓ Plan your route on the tai chi learning curve.
- ✓ Set learning goals
- ✓ Keep track of achievements
- ✓ Martial Arts, or Health Tai Chi
- ✓ Qigong also
- ✓ Counts toward Teacher Training

Each level will be symbolised, by a coloured star, which may be attached to tee shirts, or sashes, blue for tai chi, and white sashes for qigong, and of course a certificate of achievement,



"It's the internal spirit that informs Tai Chi Chuan. This is developed over the years and, as you get older, it is having a strong internal spirit or core that keeps you going."

This Quote from fellow Tai Chi teacher Ian Cameron of Five Winds Tai Chi, is one of a series of he has recently released. Inspiring, and insightful, you can find more on our Facebook page:

<https://www.facebook.com/GoldenRoosterTaiChi/>

or if you prefer twitter, we can be found by searching:

@norwichtaichi

Join our classes

Tai Chi for Wellbeing

Tai Chi & Qigong for well being.
Tuesday 6.0pm to 7.0pm
Drop in £7.50 per lesson
Member £25.00 per month
Beginners and improver
[Intro to Tai Chi](#) Read about this course...**Who is this for..?**

Tai Chi and Qigong Beginners and improvers
Open to all, beginners and improvers.
Relax, improve your fitness, have fun.

Hindolveston

Who is this class for?

Tai Chi and Qigong Beginners and improvers
Open to all, beginners and improvers.
Relax, improve your fitness, have fun.
learning the fundamentals of Tai Chi and Qigong.

What do you do? Warm up with Qigong
Tui Shuo and basic techniques
Wu Dang short hand form practice
Daoist Qigong Meditation warm down
Spear form (optional)

Dive In To Qigong.

Thursday 11.30 to 12.30
Drop in £7.50 per lesson
Course fee £30.00

Beginners and improvers

[Dive in to Qigong](#) Read about this course...

The Manor Rooms, the Street, Trowse NR14 8ST
opposite Greens restaurant.

Lakenham and Tuckwood Tai Chi Group

Who is this class for?

Tai Chi and Qigong Beginners and improvers
Open to all, beginners and improvers.
Relax, improve your fitness, have fun.
While learning the fundamentals of Tai Chi and Qigong.

What do you do? Warm up with Qigong for posture maintenance
Tui Shuo and basic techniques for balance and agility.

Saturdays, at the
New Harford Community Centre,
10 The Lastings, Hall Rd, Norwich NR4 6ET