



Wudang

A MONTHLY E-NEWSLETTER

4/17

From Sifu Paul

Greetings, everyone,

It's officially spring, as both the calendar and warmth of the sun confirm. Our Studio celebration Golden Rooster Greet the Spring was a wonderful gathering of members past and present, families, and friends. It marked the arrival of spring and the commencement of our new studio. The space was alive with the energy from Todd Nesser's beautiful new posters, Tom Reich's stained glass gem, and Tim Dennis's magical Intention box and a hundred people gathering to share in the joy of movement, learn about T'ai Chi, and learn about each other. Thanks to our event coordinators Lynn Dennis and Rondi Atkin for organizing the event so beautifully and to all of you who helped bring it to life.

A sample selection of some of the written intentions captures the tone of the day.

- Wishing the studio growth, prosperity, flowing creative energy, strong community and balance.
- In a mere two weeks practicing here, my body-mind connection has been and is being transformed.



- I hope to enjoy many years of healing and health and good energy, thanks to our school. Good wishes for our wonderful studio.
- When I participated in the open-house form with your students, I felt such a powerful sense of community and peace. May that feeling prevail now and for eternity. Thank you.
- May the studio thrive and continue to bring people together.
- Looking forward to turning friends and family to the wonder of T'ai Chi.
- May the school help bring internal peace to a tumultuous external world.
- May the studio be blessed by the endless gathering and expansion in motion.
- May all that need us, come to us.
- Twin Cities T'ai Chi studio thrives. Our community thrives. Our members thrive.
- New from the old and off we go! All the best to all who practice here!

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Positive intentions
for our Studio

Woodwork by
Tim Dennis

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Members past and
present did the First
Section of the Solo
Form together at
Golden Rooster
Greet the Spring



Our Newest Member

Congratulations to studio members Jeremiah and Amy Bohn on the birth of their son Patrick Lawrence Bohn, a healthy 7 lb. 5 oz. boy. Patrick is said to have mastered several kicks, a reclining ward off, and abdominal breathing. He may be visiting the studio soon to give further demonstrations. The proud parents are doing well.



Studio Shirts With Our New Logo Reorder

Due to brisk sales and popular demand, we will reorder short-sleeve and long-sleeve studio T-shirts. We will submit our order on April 8th, so place your order using the form on the mirror at the studio.



Upcoming Matching Grants Campaign

We have an opportunity to raise money for continuing education for the studio. If we can raise \$3000 in member donations, we could raise another \$9,000 for the studio in matching grants. Watch for details in a separate email.

Graduation News

Congratulations to the following members for completing the T'ai Chi Solo Form!

Denitsa Aleksieva

Liliya Aleksieva

Cynthia Crawford

John and Sue Grey

Tom Reich

Liz Stoltz

Tom Todd

Lucia Turner

"Our accomplishments show what kind of people we are." — Gil Scott-Heron

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Welcome to Patrick
Lawrence Bohn!

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Stained glass logo
by Tom Reich

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New logo T-shirts
are available



Contact Us

For timely updates, follow Twin Cities T'ai Chi Ch'uan on **Facebook**.

Email: mail@tctaichi.org

Website: tctaichi.org

Phone: 651.767.0267

New Classes, Class Schedule Changes, Continuing Classes

Spring Quarter 2017

Beginning on Monday evenings April 3rd, there will be two classes offered: the **T'AI CHI SOLO FORM** class from 6:00–7:30 and the **T'AI CHI WEAPONS** class from 7:30–8:30 p.m.

We will begin to study the T'ai Chi Sword Form. The sword is graceful and beautiful and is the most like the T'ai Chi Solo Form in its structure and execution of T'ai Chi principles. Beginners are welcome who have completed the Solo Form.

Beginning on Tuesday evenings April 4th, from 6:00–7:15 there will be a 75-minute **PUSHING HANDS** class. The class will be divided into three parts: an in-depth study of Ward Off, Roll Back, Press, and Push followed by sensitivity drills and finally by rooting and bone breathing qigong. This is an in-depth class with a lot of variety that's open to anyone who has finished the Solo Form.

The **INNER SMILE** is a seated meditation practice and is the foundation practice of the Healing Tao system. The Inner Smile meditation cultivates an unpolarized neutral energy called "Yuan Chi" (original chi or original breath). We will learn to move this neutral energy through five natural pathways in the body that develop a deep sense of unconditional self-acceptance.

This is a beginner-friendly class, so if you haven't meditated before, there will be helpful guidelines and assistance in helping you build your practice in a natural and gradual manner.

This is a 75-minute class at 7:30 on Wednesday evenings that runs for 12 weeks. Starts April 12, 2017 at Twin Cities T'ai Chi.

For information, call. 651-767-0267. **Cost for nonmembers is \$144.**

The class is free to members and \$144 for nonmembers. There is a sign-up sheet at the studio to help determine seating needs. Bring a cushion to help elevate your sitting height and for comfort. (Some cushions are available at the studio.)



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Karin Aguilar-San Juan performs the T'ai Chi Double Saber



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Sifu Paul Abdella introduces the 43 Applications Form



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Nick Cronin and Christopher Knutson perform the Liu Ho Pa Fa Main Form

Golden Rooster event photos by Keith Johnsen