

Wudang

A MONTHLY E-NEWSLETTER

Twin Cities T'ai Chi



6/17



From Sifu Paul

Greetings, everyone,

June is a favorite time for outdoor T'ai Chi, especially around the solstice. I managed several rounds of the form near flowering trees in May before the weather turned chilly. I'm hoping for a warm start to summer and more practices in the sun.

There are many important items in this issue, beginning with our matching grant opportunity, updating our member database, new classes, and more.

From the Board of Directors: \$12,000 Challenge Grant for Chief Instructor Education

The Board of Directors is excited to announce that we have finalized the details of the matching grant that was mentioned in the April *Wudang*. Some very generous donors have offered us a fantastic challenge.

- They have put up an initial \$3,000 to set up an ongoing fund for Sifu Paul Abdella's continuing education; we need to raise \$3,000 to receive that money.
- If we raise the \$3,000, they will donate an additional \$6,000 to that fund for a total of \$12,000.
- If we raise more than \$3,000, the extra will also be dedicated to instructor training but may be used for efforts such as more formal tutor training and certification.

How to Donate

You may donate directly to the fund by check, cash, or PayPal. If you leave cash, please write "matching grant" or "instructor education" on the envelope. You might also round up



your member dues; if so, please indicate in the memo line that the extra is for instructor education. And remember, because we are a not-for-profit organization, 100% of your donation is tax deductible.

We have until the end of September to raise the money. The board would love to secure the funds before that date in order to begin funding education projects that are ready to begin. Can we do it by the end of July? Please consider making a donation. The success of the campaign will benefit us all.

Healing Tao Retreat in the Blue Ridge Mountains

I will be in the small town of Mars Hill, North Carolina, nestled in the scenic Blue Ridge Mountains, for a week-long intensive training in Taoist energy practices during the last week of June. This will be my second week-long retreat on the beautiful grounds at Mars Hill and my seventh time training in North Carolina with my teacher Michael Winn. The days begin with early-morning qigong, organic locally grown food, lecture-trainings twice a day, and an evening practice that make this a special time of deep learning and transformation. I look forward to bringing it all back home.

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Matching grant
opportunity

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Instructor continuing
education

Help Update Our Database

The studio has a new computer, and we're updating our database. Please help us by filling out one of the forms located on the table at the back of the studio by the door to the office. Put your personal information on the printed side and add an emergency contact on the back side with a name, phone number, and relationship. When it's completed, just put it in the collection box on the table.

Solo Form Tracking Sheets Just Got Easier to Use

There is now a two-drawer filing cabinet in the office in which to keep your Solo Form tracking sheets. Just open the top drawer and place your sheet in the alphabetical hanging files. Then take it out for reference and sign-offs during class time. Return it to the file until your next class. Simple!

New Classes, Class Schedule Changes, Continuing Classes

The Inner Smile class will not meet on June 28 and instead will meet the following week on July 5 for our last class.

New Class: The Six Healing Sounds Meet the Five Animals

This class is the second in the Healing Tao Qigong Fundamentals series.

The Six Healing Sounds is one of the oldest and most revered qigong practices in China. It is a calming energy practice that uses movement, sound, and visualization to balance the emotions, working with the energy of the body's five major organs.

This class integrates seated, standing, and moving sequences. The movement practice combines the healing sounds with five animal movements to create a short, easy-to-learn, dynamic practice—perfect for summer.

This is a one-hour class at 7:30 on Wednesday evenings that runs for eight weeks. It starts July 12, 2017, at Twin Cities T'ai Chi.



For information, call 651-767-0267. Cost for nonmembers is \$96.

The class is free to members. 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.)

- On the last Tuesday of the month in the 12:30 class, we will do a full round of the T'ai Chi Solo Form instead of doing just the first section.
- Starting in June, the Six Healing Sounds qigong will move from the Tuesday 12:30 class to the Thursday 12:30 class.
- Beginning on Saturday, July 1, the 43 Postures form will be open to new students who would like to learn the First Symmetry. This is a great starting point in gaining a deeper understanding of the T'ai Chi form if you have recently finished learning the Solo Form.

Contact Us

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

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Website: tctaichi.org

Phone: 651.767.0267

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Mars Hill, NC,
site of Sifu Paul's
Healing Tao training

Dues Reminder

June is the last month of the quarter. If you forgot to pay for the quarter, this is your friendly reminder.