



Painting the Rainbow Newsletter

<http://www.paintingtherainbow.co.uk>

Community Based Tai Chi & Chi-Kung for everyone

Improvement cannot always be measured, it is something you feel

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Alan Sanson sent this in as it was written by one of the groups he runs and was in the local paper.

Walter – our local 94 year old Tai Chi-er

Walter at 94 has been practising Tai Chi for the last 3 years.

As a number of those who started Tai Chi with Walter said, remembering their first session, “Walter came in leaning heavily on two sticks, he sat at the back of the group (quietly observing) and moved his feet and hands a little. Now he uses one stick (and sometimes forgets that) and stands all the time. In fact, Walter is always the first person to stand and start the loosening up movements while the rest of us carry on our weekly catch up chats!”

Another member of the group said “Due to my severe arthritis I have to use two crutches all the time. I wanted to go to the class but was concerned and asked if I was able to sit to do the movements. I remember sitting for the first class, but within a couple of weeks I was doing more standing than sitting. Someone the other day mentioned that I do the Chinese fan form without my crutches – which I hadn’t even realised! It has given me so much confidence and has dramatically improved my posture.”

Cyndy Bridgewater said that she has had both of her hips replaced in the last 3 years, both had needed replacing for some years. She says the doctors were amazed at how quickly she was able to perform the 90 degree knee movements required

post-op, which she puts down to the muscle development and confidence she had gained from the Tai Chi.

The whole group added “We all love the gentle movements, the music, and the social get together – regardless of our abilities. It’s a de-stressing of our minds, while we concentrate on the movements and feelings we let go of all other thoughts so bringing a calmness at the end of each session; and we have so much fun.”

“None of the above would be possible without our fantastic Instructor, Alan Sanson – where would we be without his patience, guidance and good humour.”

They all added that they have incorporated all the techniques and feelings into their daily life too – this has made them slow down (in mind and body), become more aware of how they move and feel, and how their sleep has improved.

After the session while sitting and enjoying Cyndy’s home made cakes they all added with a smile on their faces....” Walter is so important and special to the group and such an inspiration to us all....he really deserves those extra slices of cake he is given to take home”.

Why not come along to Ferry View, Evesham and give it a go? 2.30 to 3.30pm Wednesdays. Remember “We don’t do stress, we do Tai Chi”.



STRANGE BUT TRUE TAI CHI HELPS SELL BURGERS !

Do you ever wonder how they decide on television commercial content in other countries?

An American ad agency went about it just as they would have if they were targeting the public in the USA. Which meant, focus groups, interviews, questionnaires, and monitoring behaviour and attitudes.

“A McDonald’s commercial flashes on TV screens throughout Beijing. In this TV spot, Chinese men perform Taijiquan, and contort themselves to form the letter ‘M,’ representing the golden arches in the American fast-food retailer’s logo,” reports American Demographics (AUGUST 1997) in an article that calls into question the application of American research methods to other cultures.

However, the Chinese might do well to pay attention to an eight -year study on obesity and food habits done in California. Participants stated that one factor contributing to their poor eating habits was that they were “coerced by clever TV ads.” (taken from San Francisco Chronicle 1999)



Tai Chi “Medication in Motion” Harvard Medical Health Publication May 2009.

3 Key Components.

MOVEMENT—Slow and fluid movements improve the body’s alignment, posture, strength, flexibility, co-ordination, balance, and stamina. Some of these are consistent with many other forms of low impact exercise; the added benefit of Tai Chi is the FOCUS on improved posture, balance, and alignment.

BREATHING—Focused and rhythmical breathing puts emphasise on relaxing the body therefore encouraging good circulation. Increase of intake of oxygen to the body’s cells, improving brain function, and proficient working of organs and muscle.

MEDITATION/State of Mind— A meditative state of mind (focused) during practice of the movements and breathing will help to dissipate stress and anxiety, also pain caused by psychological and emotional factors.

Burn Calories, Dump Stress, Boost Immune Function Without Sweating ?



According to a twenty-year study by Kaiser Permanente, between seventy and eighty-five percent of illness is caused by stress, meaning that in the U.S. alone stress is costing about one-trillion dollars per year in healthcare costs. Since most absenteeism is due to stress, US business is losing upwards of \$300 billion per year. On a more personal level, it is disturbing to realize that aging is accelerated by stress, and stress is a growing issue with all of us. Studies show that change is stressful, even “good” change. So as we computer jockeys settle into the saddle of a new age of rapidly changing information, we need an edge that can help us stay healthy, sane, “younger” and more vibrant, even as we are often at the very center of the hurricane of modern change, such as keeping up with new hardware and software.

Ironically an ancient mind/body tool provides the perfect balm for our generation’s modern problems — it is called “Tai Chi” (pronounced tie-chee). Tai Chi is a gentle series of relaxing motions that cleanse the body’s tissue of accumulated stress and, by doing so, boosts all aspects of our health systems. According to emerging research boosting the immune system’s strength dramatically, while reducing the incidence of depression, anxiety, and even reducing chronic pain conditions, are just a few of Tai Chi’s myriad benefits.

What makes ancient Tai Chi the perfect modern balm is that it doesn’t require special facilities or clothing, and doesn’t even make you break a sweat, meaning you can do it in office attire in an empty boardroom just by kicking off your heels. Yet, it provides the same euphoria of a long run, the cardiovascular benefit of moderate impact aerobics, and burns nearly as many calories as downhill skiing. Our time is filled with paradox. A problem in this modern age stems from the great

promise of the information age — a tidal wave of data being created by and offered to our “left brain”; that part of our minds that is analytical, calculating, and categorizing the world. Of course, this is a powerful and important part of who we are. This is the part of the mind that gets things done, pays the rent, builds the houses, and makes the cars. Our “right brain,” however, is getting left behind in our rapidly changing techno-world, and this imbalance of thought processes is at the heart of modern stress.

Our right brain is the feeling, smelling, sensing . . . enjoying part of the mind. This is the part of the mind that smells the flowers, not to analyze the smell, but to be filled with its beauty — and this is the part that has been left behind in the digital world. When we go to the cyber mall, for example, our right brain doesn’t get to play. The cyber mall is a wonderful thing that saves us time, money, and gas for our cars (and thereby saves the environment), but there are no Auntie Anne’s Pretzels to smell in cyberspace, or warm sunlight streaming in through the big skylights.

So what do we do? We get the best of both worlds. Tai Chi is a series of exercises to balance the mind. Tai Chi teaches us to experience life for sheer pleasure, thereby creating balance in our busy “get things done yesterday” world. If you learn Tai Chi and practice in the morning before you sit down at your computer, your right brain (the sensing and enjoying brain) will be turned on more. You will feel the texture of your computer keys. You will remember to take the time to get a nice cup of green tea or herbal cinnamon spice tea, and you’ll interrupt your staccato keyboard occasionally to smell the tea’s rich aroma, feel the warmth in your hands, and breathe the breath of life deeply into your lungs.

Although you are at the cutting edge of the information age revolution, you are also in the garden of life. This will give you an edge in the long run. Why? Because chronic stress diminishes our cognitive skills and therefore, our creativity.

Einstein said, “Creativity is more important than knowledge.” Even if we have the world’s knowledge at our fingertips, if we are too stressed out to use the knowledge “creatively,” we are

much less effective. Plus, we’re not as much fun!

The bottom line is Tai Chi is a set of exercises to practice enjoying life. It’s not enough just to say, “I’m going to enjoy life more.” We actually have to practice mind/body tools that can positively affect our brain wave activity, in an integrative way, as Tai Chi is proven to do.

Tai Chi is an extremely sophisticated mind/body science that evolved over millennia, and is now being made available to all of us after centuries of being closely guarded secrets in China. Even though the practices are ancient, they are in many ways just as cutting edge as the multi-gigabyte computer.

Don’t just be “cutting edge” with your logical thinking left-brain, go all the way and stretch the envelope with your right brain creativity too - weave Tai Chi into your life. You will be forever glad you did, as you discover balance and calm in the eye of the modern world’s ever accelerating storm of changes rushing at us.

Bill Douglas – World Tai Chi Day



Its that time of year again when we need to be planning the

Tai Chi Christmas Party

Last year we all went to Flavourz and the feedback was excellent. It’s a buffet restaurant near Junction 2 of M5 and serves 4 regions of food – Indian, Chinese, Italian and Mexican – plus has a fun relaxed atmosphere and is great value at around £15 per head. The date will be Sunday 14th Dcemeber and the time 2pm.

We need £5 per person mimimum deposit ASAP and the balance no late than 30th November

Please let your instructor know what you would like to do or contact Mark & Jenny on markpeters@kaiming.co.uk or phone 0121 251 6172