



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

call: 0121 251 6172

e-mail us: markpeters@kaiming.co.uk



Its that time of year again when we need to be planning the **Kai Ming Christmas Party**.

Last year we all went to Flavourz and the feedback was excellent as we had the private room. We have therefore booked the private room again.

The place has changed names and had a refit bit its still the same staff and the menu has actually been expanded. Its now called Saphari.

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 £18 per head.

We also had Christmas meal at lunchtime rather than in the evening which was really well received so we are planning this year to be a lunchtime event too.

The date will be Sunday 15th December and the time 2pm.

We need £5 per person mimimum deposit (non-refundable) ASAP and the balance no late than 30th November. No bookings after that date.

Please let your instructor know how many places you would like to book or contact Mark & Jenny on markpeters@kaiming.co.uk or phone **0121 251 6172**

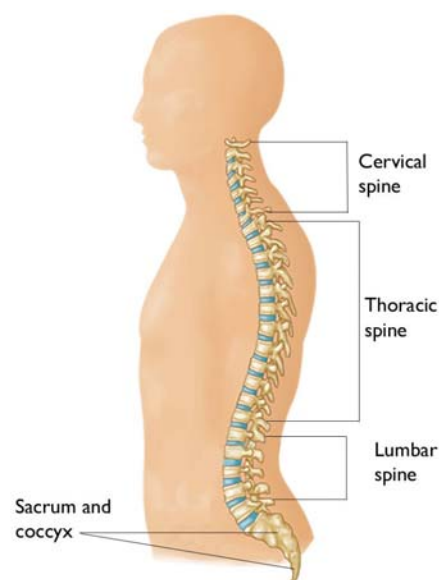
Have You Got the Spine for it?

Humans are among a very few animals that move through the world in an upright position. The position puts stresses on the spine not experienced by four legged animals. The natural curves in our spine are thus important in providing shock absorpction and structural integrity during upright, seated or standing activities.

I remember when I first began training in tai chi and being told a few of the standard tai chi postural adjustments, one of which was “tuck your tailbone under and straighten you back” or words to that effect... but how correct is this? How is our spine designed to function?

Many people are unaware that, as humans, we have three natural spinal curves that are formed in early childhood. We are born with one continuous C-shaped curve. As infants, when we begin to raise our heads, and later, when we push up on our hands to crawl, the concave (or lordotic) curves of the neck (the cervical spine) and low back (the lumbar spine) are formed. The convex curve of the mid-back where the ribs attach (the thoracic spine) is left over from the original C-shaped curve. Please note, some children walk before they crawl and never fully develop the spinal curves. The person with resulting straight spine (referred to as the ‘military spine’) is prone to neck and back problems as well as headaches related to structural stress.

A healthy lower back depends on good structural alignment, unrestricted range of joint motion, maintenance of the lumber curve, and the support of a sufficiently strong lower-back and abdominal muscles. The practice of good posture while standing and sitting, along with daily exercise to maintain muscle tone and joint movement, will help to reduce the risks of lower back injury.



Tucking the tailbone is contrary to good back health as it can flatten the spines lumber curve, just as over-arching the lower back can put strain on vertebrae and cause tension in the back muscles. In the practice of tai chi form and push-hands the lower back with naturally tilt and release when changing weight and bending your knees. This action acts to mobilise the spine and feed the intervertebral discs, which work similar to a sponge.

Releasing the lower-back may be a better description than ‘tuck the

tailbone' as it aids natural positioning and promotes good spinal health.

The correct spine curves both act as a shock absorber and spring-like compressive power for tai chi application in all areas of life.

WOW



Above, is a picture of one of my students from my new Barton-under-Needwood class... the ladies name is Ruby Hall and on the day of the class (Wednesday 24th July) she celebrated her **101st Birthday**... so we decided to mark the occasion with a card and flowers...

She absolutely loves coming as in her words **“it gets her out of the house”** and despite her mature years does the exercises extremely well and even on the day of her birthday still managed to come to class despite the 32 degree heat.

Regards, Sarah Taylor
Instructor, Lichfield

This poem was sent in by Clive Bennett

FOR THOSE WHO CAN STILL REMEMBER DAYS GONE BY...

Back in the days of tanners and bobs,
When Mothers had patience and
Fathers had jobs.
When football team families wore hand
me down shoes,
And T.V gave only two channels to
choose.

Back in the days of three penny bits,
when schools employed nurses to
search for your nits.
When snowballs were harmless; ice
slides were permitted

and all of your jumpers were warm and
hand knitted.

Back in the days of hot ginger beers,
when children remained so for more
than six years.

When children respected what older
folks said,
and pot was a thing you kept under
your bed.

Back in the days of Listen with Mother,
when neighbours were friendly and
talked to each other.

When cars were so rare you could play
in the street.

When Doctors made house calls and
Police walked the beat.

Back in the days of Milligan's Goons,
when butter was butter and songs all
had tunes.

It was dumplings for dinner and trifle
for tea,
and your annual break was a day by the
sea.

Back in the days of Dixon's Dock
Green,
Crackerjack pens and Lyons ice cream.
When children could freely wear
National Health glasses,
and teachers all stood at the FRONT of
their classes.

Back in the days of rocking and
reeling,
when mobiles were things that you
hung from the ceiling.
When woodwork and pottery got taught
in schools,
and everyone dreamed of a win on the
pools.

Back in the days when I was a lad,
I can't help but smile for the fun that I
had.
Hopscotch and roller skates; snowballs
to lob.

Back in the days of tanners and bobs.



With more and more of us developing
allergies to everyday cleaning items and
fragrant candles etc, let alone damaging
our already polluted planet here are a few
alternatives to products that are readily
available and far less toxic.

Air fresheners — mask the smell by
interfering with your ability to smell by
coating your nasal passages with an oil
film that temporarily blocks your sensors
for a short time. As you regain it your
brain gets acclimatized to the smell in the
air so it is less offensive than before.

Alternative — A small dish of
bicarbonate of soda can help to absorb
offensive smells safely — Make your own
spray with a teaspoon of bicarbonate of
soda, with a teaspoon of vinegar (or
lemon juice) and 2 cups of hot water in a
spray bottle and spray in the air. This
is also an alternative to plug ins. You
can also use spray on a damp cloth to
clean surfaces as cleaning wipes contain
plastic compounds to strengthen them
and are unrecyclable. If flushed down
toilet they gather in sewers attracting fat
and forming giant “fatbergs” !!!

Scented candles — can affect our
health when burning they release tiny
particles that can get into your
bloodstream, causing problems believed
to include asthma, heart disease and even
exacerbating Alzheimer's.

Alternative — If you cannot have a
window open look for candles made from
soy which emit fewer particles than
beeswax (e.g. Pacifica candles from
Holland & Barrett).

If you put half a lemon in your dishwasher
it will give you a nice smell in the house.

TIPS TAKEN FROM AN ARTICLE BY
KIRSTIE ALLSOPP.

Location Location Location presenter
and allergy sufferer

PLEASE NOTE:

**Please send your Newsletter
contributions for future issues to
markpeters@kaiming.co.uk**

or give them to your teacher to pass on