



use a hard chair and don't use your arms; tai chi warm-up exercises with your focus on being suspended from above; and standing post (Zhang Zhong) where you can check the alignment of hips, shoulders and ears etc. Alexander technique is excellent too. Tai Chi is a muscular skeletal rehabilitation system in its own right; it is designed to harness natural function and intrinsic strength. We all develop poor postural habits and movement through normal life activities; tai chi is a mindful refinement tool that aims to correct these errors and remove the stresses. Some people attend manual handling courses at work to teach them how to lift and move correctly; tai chi does exactly that with the bonus of improved well-being; it's a self-defence for life.

To keep the stresses of living at bay we all need to practice with mindful attention each day; to strengthen your body, strengthen your mind and relax into living. Grand-Master Cheng Man Ching was quoted as saying "We practice tai chi so that when you come to the point in your life that you know what you want, you will have the health and strength to enjoy it".



Wow... it is hard to believe it but its 10 years since Jenny first had the idea of setting up Painting the Rainbow (PtR). It has grown so quickly that we are the 'go to' organisation for Birmingham City Council, AgeUK, special needs groups, local schools and more...

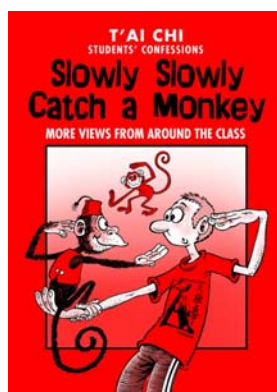
Tai Chi is such an inclusive art that the medical world are referring to it more and more. We have been involved with pulmonary rehab sessions since 2009, cardiac rehab since 2006 and I have been training NHS staff in tai chi for falls prevention since 2004. The tai chi in the park project started in 2013 in Cotteridge and now runs across the City in 20+

parks. We are working in secure mental health units, on research projects with the University and are currently writing the professional standards for tai chi and chi-kung to be applied nationally in this area of work.

Jenny's original aim was to make tai chi accessible to anyone, regardless of age or ability, without exclusion, and this mission statement still holds true. Others try to copy us but their approach has been to offer tai chi as a gentle exercise or even call it 'tai chi style exercise' but that misses the whole value of tai chi a mind and body approach to well-being. What truly makes PtR grow and strengthen is the quality and passion of instructors and the stories you share with us about the positive impact tai chi continues to have on your life.

We used to offer 'bring a friend week' but actually found we didn't need to promote it as you, the students, brings friends anyway because you want them to share in the many benefits of tai chi and chi-kung. Many of the now instructors first stated as students and hospital referred patients and gained so much that they wanted to help.

Maybe you're interested in taking that next step and are interested in becoming more involved with PtR, contributing to the newsletters and even training as an instructor, please do contact Jenny or Mark on 0121 251 6172



### Tai Chi Book 3 is out!!

We have produced two previous volumes of "Students Confessions" and this will be our final one in the series. This is entitled "Slowly Slowly Catch a Monkey" and is about the tai chi journeys of each of us.

Chapters are written by both students and instructors to share their experiences. The first two volumes are on the 'must read' list for many other tai chi clubs and I can see this being equally as important.

It has just been released and copies are available in class or via our online shop at [www.kaiming.co.uk](http://www.kaiming.co.uk). It is also available in Kindle on Amazon if you can't wait....

The launch price is £8.50 and as a special bonus, you can buy all three volumes as a set for £20 (while stocks last)

Please ask your instructor or contact Mark & Jenny on **0121 251 6172** or [markpeters@kaiming.co.uk](mailto:markpeters@kaiming.co.uk)



As 2018 starts cold and dreary Jenny would like to share a poem she wrote and taken from her book 'Poems before Prozac'. The state we create is within all of us, not the weather or things around us. Find your own leopard skin hat or I'm sure Jenny won't mind if you borrow hers for a while.

#### Leopard Skin Prozac

A little Silly poem

When times are sad and life is stressed  
Give a thought to how you get dressed  
Wearing Black could reflect your mood,  
Or maybe your thoughts turn to food  
So try and think of a place you were  
happy,  
One day in your life it was hard to be  
snappy.

Cannes has always worked for me,  
Champagne in hand sat on the quay  
Covered in sun cream and with floppy  
hat  
Maybe George Clooney was here where  
I'm sat!

So I had this idea within my head  
On a dull dreary morning as I got out of  
bed  
How did I chase the blues away?  
To put myself in the place the rich play.

When my husband came downstairs in  
a mood just as flat  
There was I making tea, in a big leopard  
skin hat!

It may not have been Cannes and the  
weather no brighter  
But in my heart and mind I felt so much  
lighter.