



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



Tai Chi Christmas Party.

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 £16 per head.

The date will be Sunday 16th December and the time 2pm.

We need £5 per person minimum deposit ASAP and the balance no later 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**



Oh... to sit quietly

I would love to sit quietly, but the world is such a noisy place
As I still my mind the world screams
"listen to me"

As I strive for peace, the world nudges me
As I try to shut it all out, the world bags on the door.

Oh how I wish all could be quiet so I could just sit quietly
But as I do I realise the beauty of it all
The beauty of the flow of life...

Maybe if I stopped resisting life and flowed with it
I could enjoy the peace within the noise and just sit quietly.....

Breathing And The Mind

I always begin my Tai Chi practice with a deep exhalation, to remove the carbon dioxide from the lungs, clear away scattered thoughts from the mind.

A gentle inhalation takes place, awareness increases, fingers are energized, palms are raised upward and outward, until a Tai Chi posture is formed.

The mind is fully awake and the lungs are filled with oxygen.

When the lungs need to release carbon dioxide, exhalation naturally follows.

With a slow deflation of energy, the palms gradually fall downward and move inward.

Expel all wasted air and all anxious thoughts are reduced, my hips are relaxed again and the posture is dissolved. There is plenty of room for incoming oxygen after slow and long inhalations. The slow motion practice of Tai Chi Chuan gives us a sufficient supply of oxygen for all body cell needs.

When we are happy, we inhale, the upper torso straightens when we are cheerful.

When we are unhappy, we exhale and our body sags.

The mind, body and breathing interact together.

When the mind begins to think, we inhale. Mind and body energize each other as active thoughts cause mind and body movements.

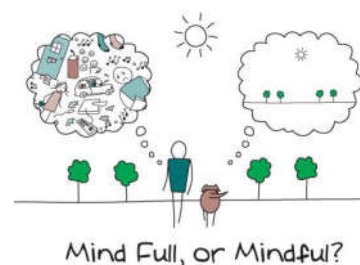
These are natural interactions. Breathing regulates the thought and alertness of the mind. Inhalation will increase thoughts or awareness in the mind, and exhalation help reduce the thoughts and awareness decreases.

The alertness and awareness pattern changes while a person is in deep sleep, when he takes in oxygen, it helps increase the awareness or stimulate alertness, as

we exhale, we are less aware and alert.

Therefore, breathing and awareness and physical movements correspond to each other.

Taken from –Breathing and Awareness of the Mind by William CC Chen.



QUEEN'S AWARD

For the last 8 years Neil Rankine, as a Painting the Rainbow Instructor, has been teaching Tai Chi and Qigong to a group called Access Tai Chi. The participants have various disabilities including MS, Parkinson's, Strokes, Depression etc. When Neil first started teaching, the group there were about ten in the sessions but now there are over thirty on the books.

I was very proud recently to be invited to a buffet lunch as the Access Tai Chi group were being presented with the Queen's Award for Voluntary Service. This is the equivalent of an MBE, for voluntary groups, and is not given lightly. The group were originally assessed by a local Councillor who looked into all aspects of the group's policies/procedures to check all was in order. Joan Walley, ex MP for Stoke on Trent, was asked by the Cabinet office to attend and take part in one of the Tai Chi and Qigong sessions. Her report was then analysed by the Cabinet Committee, where the final decision was made. The Mayor of Newcastle-under-Lyme also attended and joined in with the group.

At the lunch, the engraved crystal award was presented by the Vice Lord-Lieutenant of Staffordshire (Queen's representative) to the Chairman of the

Committee Mike Ford. The certificate, signed by the Queen, was presented to the Treasurer Jo Palmer. In her award acceptance speech, Jo Palmer explained the group had originally started in 2005 and, although they had a number of teachers in the first five years Neil, who started with them in 2010, has been the most loyal, best and highly qualified teacher they have had. (This is due to his regular CPD training, with the PtR program, where he is updated on the latest medical findings, on various conditions, that he and the other instructors may encounter within the groups they teach). Also in attendance was the Mayor of Newcastle-under-Lyme and ex MP Joan Walley.



The Vice Lord-Lieutenant went around most of the tables talking with class members. He was also introduced to my hubby Neil and said, "Ah, so you're Neil, I've heard a lot about you, you're like a God around here".....=ØP. He also said how highly people thought of Neil and that it was wonderful how the PtR sessions were designed to cater for 'all disabilities' so that they could join in with the Tai Chi exercises and, from his research, how it also improved not only their physical health but also their mental well-being.

I was not sure what to expect at this event but the people I met, despite their various problems, have a real positive attitude and great sense of humour. One lady mentioned to me that she once had to remind a shop worker that just because she had a disability it didn't mean she had no brain! This is why I think Neil has success with his PtR groups as he treats everyone with empathy and the respect they deserve. From what I saw, this award is well deserved and recognises the hard work of the group.

A great achievement and congratulations!

Marlena Rankine

WE NEED YOU!



Tai Chi Instructors needed

Are you interested in taking your tai chi training to the next level? Are you truly interested in developing your tai chi skills and abilities? Do you really enjoy your classes and practicing tai chi? Have you ever considered training as a tai chi instructor?

There is an old saying "the teacher is the taught" which really means to truly understand a skill you should look to teach it to others.

Kai Ming has now been teaching tai chi for some 25+ years and PtR 10+ years, with most of the instructors being there from the very beginning. We are always looking to encourage new students through the ranks and maybe that could be you.

Call Mark on 0121 251 6172 to discuss. The sooner you start the better. Training program starts early 2019 so register your interest.

We will be running monthly instructor training sessions from 1-3pm on Sundays and each session will focus on how to teach aspects and approaches to tai chi and chi-kung (qigong).

Venue: Weoley Hill Village Hall, Weoley Hill, Bournville.

Price £10 per session

Time: Sunday 1-3pm

Dates for 2019

Jan. 13th

Feb. 10th

March 10th

April 14th

May 19th

June 9th

July - No session this month

August - No session. Camp is 3rd & 4th

Sept. 8th

Oct. 20th

Nov. 10th



Maybe you saw the show on TV but if not you can see it online at <https://bbc.in/2CzAiOF>

I first spoke to Nor Fadila Kasim a Doctoral researcher at Birmingham University in October 2015. We discussed the idea of a research project comparing Tai Chi to a more obvious aerobic exercise and decide on Zumba Gold due to the target group of the study.

Nor and Dr Sarah Aldred visit a class later that year to try tai chi for themselves and I helped them apply for funding support from the TCUGB in early 2016.

The project started later that year and Nigel Ryan ran the sessions as he was available, and I was out of the country at that time. It concluded in December 2016 at which point they started to analyse the research.

The word must have spread because in April 2018 the BBC contacted Nor and wanted to feature the work on BBC Science! Coincidentally the BBC had also contacted me to discuss tai chi and pain management due to some recent research into tai chi and fibromyalgia. The universe seemed to conspire against me as when the BBC decided to film I was going to be out of the country, which was a real shame as I truly wanted to be there. Nigel did a good job and it actually turned out to be Dr. Michael Moseley for 'Trust me I'm a Doctor'. If I would have known, I'm sure Jenny wouldn't have minded postponing our holiday; I love the work he does. She just reminded me that we even postponed our honeymoon so I could take part in a competition :-)

So jump forward to October 2018 and the show was aired on BBC 2 Wednesday 10th October. Its available now on iPlayer and on the the link I provided above.

Its seems the world is really waking up to the benefits of tai chi chuan so spread the word because you already know the benefits and are ahead of the game..!