



Hi to each and to all who have learned the full set of 19 T'ai Chi Chih movements and the final Pose and are fairly comfortable with your practice ...

Passing this Update along for those of you who may like to join us July 17<sup>th</sup> – 19<sup>th</sup> for a T'ai Chi Chih weekend with Daniel Pienciak, Teacher Trainor, my original T'ai Chi Chih mentor and now good friend.

Some of you have already expressed an interest. At this point I am asking anyone interested to please confirm in so far as you can make a commitment right now so we can determine that we have sufficient pre-registrations to make it a GO.

Please pre-register early, by May 1<sup>st</sup> if possible ... with a deposit to save your space. Deposit refunds negotiable, pending enough other registrants.

Simply “Come, Relax and en-JOY!”

**“Resting in the Essence!” in beautiful St. John’s NL, Canada this summer from July 17<sup>th</sup> – 19<sup>th</sup>, 2020.**

All are welcome to join us for a delightful and refreshing weekend of T'ai Chi Chih, facilitated by Trainer Daniel Pienciak, with a focus on practice and refinements, sharing and reflection, a mix of movement and stillness, and including a Friday afternoon introductory workshop in Seijaku. Hosted by Accredited T'ai Chi Chih and Seijaku Teacher, Sheila Leonard, with support from our NL T'ai Chi Chih Community.

Open to all teachers, and to all students who have already learned all of the movements. No Seijaku experience required. Simply come and “Rest in the Essence!” Let the Chi surprise you ... and us! Simply bring a “Beginners Mind” and a sense of adventure as we launch further out into the deep with our practice.

Please pre-register early, by May 1<sup>st</sup> if possible ... with a deposit to save a space. Deposit refunds negotiable, pending enough other registrants to make it a GO.

**Click on NEWS Page for Registration Form** as PDF with fuller details.

I love the following excerpt from one of Ed Altman's VFJ articles ... which I have since created as a PDF handout ...

**Click on NEWS Page to download and/or print full article.**

“To convey the appropriate attitude during T'ai Chi Chih practice I like to use the example of a bird soaring on a breeze. The bird does not flap its wings, but it is not “asleep at the wheel” either. It pays very close attention to the minute changes in the wind. It has an attitude of listening while being supported in flight. This is resting in the essence.” (Ed Altman – VFJ Winter 1998)

Would be lovely for anyone able to join us in July.  
Can register up to 20 ... a number interested from away as well.  
Again, please pre-register early to save your space.

With renewed thanks for so very much.

Continued blessings in abundance for each new day as it unfolds,

Sheila

*“Don't ask what the world needs.  
Ask what makes you come alive and do it.  
Because what the world needs is people who have come alive”.*  
~ Howard Thurman