

# Tai Chi News

# 太極拳

June 2006

## Term just completed

I hope you all agree another successful and enjoyable term has been completed.

## Summer Term

### Dates

The new term will start again on the **5th August and run until 23rd September 2006** (8 Saturdays), they are:

August the 5th, 12th, 19th, 26th  
September the 2nd, 9th, 16th & 23rd

**Note:** The 24th June will be a “break” weekend, with Bob’s Personal Protection Course commencing the week after on the 1st July (See Bob Sessions for full details). The hall will be open as normal on the 24th June from 9am to 12pm for anyone who does not wish a break, there will be a nominal fee to cover the cost of the hall. There will be **no** formal course plan.

## Fees

The fees for the new term of 8 weeks will be **£28** which are **due on the 5th August**. The fees break down as follows:

- 8 Club Sessions @ £1 each
- 4 Peter Sessions (two per month) @ £2 each
- 1 Bob Session @ £7 each
- Group Instructors @ £5

Fees can be paid either by cash or by cheque made payable to Fylde Chi Gong Association. When you pay your fee, please make sure you sign the sheet. This is your record of payment.

## Peter Sessions

Peter will take the class the first and third Saturday in the month wherever possible.

## Bob Sessions

Bob is holding a Personal Protection Course during the summer break starting on the **1st July and running to 29th July** inclusive

The dates are as follows:

Week 1:.....	01/07/06
Week 2:.....	08/07/06
Week 3:.....	15/07/06
Week 4:.....	22/07/06
Week 5:.....	29/07/06

The times of the course will be **9.30am to 11.30am** with a break in between.

The cost for the course is **£35 per person** (that breaks down to £7 per class).

Please could you tell Martin if you are interested so we can assess numbers.

If anyone wants to do “normal” training the back room will be open for your use.

## ‘The Wedding’

The marriage of Martin and Lindsay took place on Saturday, 6 May 2006, at 12.30 pm at St. Teresa’s Church, Cleveleys. Those who attended said it was a splendid affair. The bride naturally looked beautiful in an off-the-shoulder white dress and the bridegroom brushed up well.

The celebration meal organised by Jane for Martin and Lindsay took place on the 10 June at Filipino’s on Breck Road, Poulton-le-Fylde. Seven other people attended with the newly weds. It was a very convivial evening enjoyed by all and much enlivened by the live entertainment provided – it was all we could do to stop Peter joining in!

## Praise for Tai-Chee

In a recent Guardian magazine, an article listed ‘Seven Ways to a Healthy Heart’. These were

Get More Sleep – 7/8 hours

Eat more Fruit

Control your Coffee Intake – to 3 cups a day

Eat less Salt – no more than 5-6 g per day

Eat more Folic Acid

Measure your Waist - aim for waist-to-hip ratio of <0.9 for men, <0.85 women

**Take up Tai Chi** - US study has proved that it could improve the heart health even for those with chronic health problems.

## Useful Contact Numbers

- Alan ..... (01253) 763 112
- Martin..... (01253) 894 396
- ..... (07939) 806 740
- Maureen..... (01253) 890 052
- any information for the newsletter.

