



Pa Kua Chang (Bagua Zhang)

Ben Phillips

Joined the Tai Chi and Meditation Centre in 2000 after moving to Toronto through a referral from a friend. The classes I am currently taking are **Push Hands, Ba Gua Zhang** and **Hsing Yi Chuan** on Monday nights.

Push Hands class has helped me to develop my rooting and sensitivity skills.

The internal martial arts of Bagua and Hsing Yi include comprehensive Qi gong training to increase and balance energy flow. Comparatively, Bagua emphasizes coiling movements while Hsing Yi takes on more of a linear, direct method.

What I like most about the internal martial arts is that they are the way!

The Tai Chi and Meditation Centre offers a variety of courses to help any practitioner learn the health, martial and spiritual practices of Asia.

Thank you everyone!

Starting Spring with a Push

Colin Outram

On the eve of the first day of Spring (Mar. 19/06), familiar faces, old friends and new all came together to share an afternoon of **pushing-hands** practice (tui shou). The event began with a discussion of rules in order to preserve the principles of Tai Chi and to ensure proper safety. Every ten minutes a gong was rung to signal a partner change.

Everyone had a great time, smiling, laughing, pushing and yielding! Open play events provide a great opportunity to



make new friends and to experience a methodology that you may not be used to. It was really great having both my son (**Sabastian**) and father (**Dave Outram**) at my side helping to facilitate the event. A special thanks also goes out to my teacher **Andy James** for his ongoing support and teachings.

For anyone interested, my push-hands class is Monday nights from 6-7 p.m. at the Tai Chi and Meditation Centre. Upcoming dates for push-hands play events will be posted on our web site www.powerofbalance.com

☯ NEXT ONE JUNE 4TH!

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his own retreat centre, **Harmony Dawn**, near Peterborough on Rice Lake. Social occasions like this one serve to bring everyone together for food and fun, and more are anticipated. Thanks to **Suzanne Taka**, chief organizer, and all who attended. ☯

Tai Chi for Arthritis, An Introduction continued from page 1

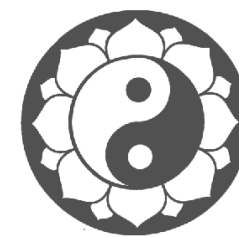
What Are the Benefits?

- * Helps to relieve pain and stiffness
- * Relieves stress
- * Improves concentration
- * Improves balance
- * Improves posture
- * Enhances the flow of qi (energy)
- * Integrates body and mind

Please wear comfortable clothing and bring indoor shoes or slippers

Sheila Furness is a certified instructor at the Tai Chi and Meditation Centre in Toronto, where she has trained with Sifu Andy James for 15 years. She teaches the ancient arts of **Tai Chi, Qigong, and Vipassana** (mindfulness or insight) meditation.

She has been trained and certified as an instructor of the "Tai Chi for Arthritis" program developed by Dr. Paul Lam. Sheila also participated in a professional training program in Mindfulness-Based Stress Reduction with Jon Kabat-Zinn and is an International Professional Member of the National Qigong Association (USA). ☯



The Tai Chi and Meditation Centre Newsletter



Balance Body, Energy & Spirit

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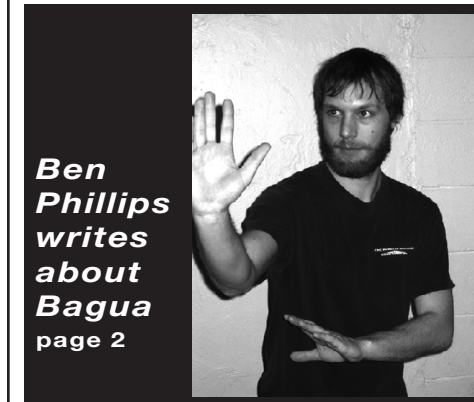
Celebrating the Year of the Dog

Jeff Willis

A wet, gloomy February Sunday afternoon found an intrepid group of Tai Meditation Centre instructors, students, and friends gathered at The Mandarin at Eglinton and Yonge to usher in the **Chinese New Year**. And still another auspicious occasion-marking the first year at the Centre's new location on Danforth Avenue just east of Pape. The cordial greetings and camaraderie were the best indication that the Centre is alive and well- and continuing in its commitment to mind-body development through various disciplines. Most notable of these are **Tai Chi, Qi Gong, Ba Gua**, and **Insight Meditation**.

The Centre's founder, **Andy James**, was called upon to deliver a short talk detailing the Centre's history and objectives, and was presented with a gift as a token of students' esteem. Andy's short speech reiterated his profound commitment to the practice of Internal Arts, which can help to bring about much-needed health and balance externally and internally, individually and socially. He assured listeners that the Centre is in good hands with his longstanding senior instructors upon his semi-retirement at

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Ben Phillips writes about Bagua page 2

Introduction To Insight Meditation (Vipassana)

Insight meditation cultivates clear awareness of what is happening in each moment. This class includes basic instruction in sitting and walking meditation, and some simple Qigong exercises to help relax before meditating.

Introduction to Tai Chi for Arthritis

Sheila Furness

Tai chi consists of fluid, gentle movements that are relaxed and slow in tempo. This simple routine, based on the **Sun Style** of Tai Chi, is suitable for almost anyone, not just those with arthritis. Flexibility exercises help to

reduce pain and stiffness, enabling you to move more easily. Movements emphasize the importance of weight transference, which helps balance and prevents falls.

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Congratulations!

to **Roseanne Lappin** who won a Bronze medal for her Taichi Form and a Silver for her Sword Form at the **CCKSF Tournament** in October 2005.

Lets work towards more participants for this year. Next one in October 2006.

upcoming events

TAI CHI CHUAN FORMS Level 1 Introductory begins
Wednesday 12 Apr, 6:00-7:00 pm.
and Saturday 15 Apr, 1:45-2:45 pm. 12 weeks
Or come to the ongoing beginners classes Monday, 5-6pm,
Thursday 1-2pm, and Saturday 12:30-1:30pm..

MEDITATION & QIGONG RETREAT with Shifu Andy James
Weekend April 14-16, (\$275 plus GST) and whole week Apr
14-21 (\$675 plus GST). Please confirm ASAP with at least a
50% deposit. The Fall retreat will be Oct 6-8 and Oct 6-13.

INTRODUCTION TO INSIGHT MEDITATION (VIPASSANA)
Thursday, April 20, 2006. 6:30 - 9:30 pm.

Spring Calendar 2006

MEDICAL CHI KUNG, Certificate Program Level 1B
Fridays, 6:30 - 8:30 pm May 5th. (2 months intensive)
Certificate Program Level 1A, Tuesdays 7:15 -9:15 pm
Sept. (4 months)

SHAOLIN POLE, Tuesday 6:00-7:00 pm Apr. 4th, 8 weeks

ENERGIZING WEEKEND RETREAT at Harmony Dawn Retreat
Centre, Hastings. June 2006. Call for information.

INTRODUCTION TO MEDITATION, Thursday Apr. 20, 6:30-9:30 pm

INTRODUCTION TO TAI CHI FOR ARTHRITIS,
Thursday May 4, 11, 18, 25. 6:30-9:30 pm

Check our website for schedule: www.powerofbalance.com

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EMERGE INTERNAL ARTS

Tai Chi and Meditation Centre

The Tai Chi and Meditation Centre is a Subsidiary of The Taoist and Buddhist Meditation Centre, a Non-Profit Organization
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President: Donna Oliver
Treasurer/Secretary: Suzanne Takahashi
Directors: Sheila Furness, Jeff Willis

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about our centre....

The Tai Chi and Meditation Centre Newsletter welcomes letters from readers.

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Instructors Currently certified by the Tai Chi and Meditation Centre are as follows:

Chief Instructor:
Andy James

Principal Instructors:
Sheila Furness, Donna Oliver, Colin Outram
Suzanne Takahashi, Jeff Willis

Assistants:
Carolyn Johnson

In Training:
Roseanne Lappin