

# TAO NEWSLETTER JUNE 2020



## LI FAMILY STYLE

As taught by Prof. Li Kam Chan & Prof. Chee Soo

The *Taoist Arts Organisation* is dedicated to promoting and preserving the purity, quality, and completeness of the Li Family System of Health and Martial Arts

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## Forward from the Technical Director, Tony Swanson

*I hope that everyone is coping in these awkward times and that everyone is keeping up their practice until we can get together again.*

*Some people are working together over the internet and the Zoom which shows dedication to the Arts.*

*As you see in the Newsletter some people have had success in using some of the Tao Yin and Kai Men for combatting problems. We have also had some sad news of François passing.*

*Hopefully things will go onwards and upwards with the new government changes to do with Safeguarding in Martial Arts and general sport. The BCCMA are working tirelessly to iron-out all the problems with the online systems to streamline things and make them much more user-friendly.*

*At this point in time the TAO are front-runners going through this process, and I would like to carry on promoting the TAO in this way, so we are always seen as the front-liners in good training practices.*

**Tony Swanson**



## The Tao That Can Be Named

By David Clyant, Wales

I've been asked to expand on something that I mentioned at a recent Twyford day regarding the ability to change smoothly from one stance to another. However, behind that statement is something much more fundamental which needs to be discussed first.

To complete the title of this article:

***'.. is not the Tao.'***

So I will attempt to describe in words something that cannot be described in words but hopefully my attempt will help you on your journey to discovering this place.

The journey through the Li Family System is a long one, with so many things to remember, so many ways of holding the body, of moving it. However, the fundamental teaching that is going on underneath the attempt at a correct ward off/evasion/sequence is the same - how present am I?

We've all experienced the frustration that builds up as we fail, time and again, to get something 'right' - be it a 'simple' ward-off or equally 'simple' transition from a dragon to a duck stance. These are basic events that crop up many times in our training, but why do they still cause us problems?

One of the main problems with this and many other exercises is our mindset. We happily partner up with someone to 'do' ward off practice.

Another quote here from the Tao Te Ching:

'When nothing is done, all is well'

So in our mind's eye we see perhaps our arm doing the technique, going let's say from the start point of a cloudy hand ward-off to the position when our partner is uprooted and falls over. Great, job done. But where IS our mind? Where are we focusing?

As we start to practice with our partner, have we already lost conscious awareness of how we feel? You partner up, someone sets themselves up and you start 'doing' the technique. However, the technique started as soon as your intent settles on a person to do it with. It continues as you set yourselves up opposite each other and it continues until you 'succeed' or 'fail'. The only true failure is when you lose consciousness of your body and therefore connection to the immediacy of feedback from your own and your partner's body.

Ultimately that awareness doesn't start or end with practice, nor even with coming to Twyford. That awareness is continuous and when this is the case you 'are' Tai Chi, you have become the Supreme Ultimate. This is the goal, without having a goal, of practicing Tai Chi.

And so, coming back to the title, as soon as we tell ourselves 'I'm going to do the form' then we have already lost the right mindset, or Right Mind from a Buddhist perspective. We may set the intent to practice the form but then we must forget that that is our destination. We must instead be present with the steps of the journey of the form. Breaking down the form into sequences makes it easier to feel the flow, breaking the sequences down into numbers may make it easier to remember. Breaking the numbers down into stance, posture technique, principles makes it easier to concentrate on different aspects. But once the practice is done it must be put together into 1 movement for it be become Tai Chi. There is only 1 movement - from start to finish. Ultimately there is only 1 movement from birth to death.

So we need to look for unconsciousness in our Tai Chi. For example, we may move let's say from move 3 to 4. If we are already thinking of where our Dragon is going to be and the end destination of our hands, then we have become unconscious. Again, we set the intent to move to Dragon with the relevant technique but then we forget the destination and instead become conscious of the journey - where is my tension as I move? And why is it there?

And so, if we name our stance Dragon then we have set in our minds what it should be. However, the actual feeling and experience of what a Dragon stance brings has now been lost. The Tao that can be named is not the Tao.

This also extends to how we come to our classes/courses. Do we come as a 'student' or 'instructor' with all of the 'shoulds' that surround these labels or roles. Do we make ourselves bigger or smaller when we attend the sessions? If so, why? Tai Chi ultimately leads us to ourselves, something that Jimbo once told me in the first decade of my training. I finally realise what he meant! So if we come less than who we really are, then we've already lost consciousness before we even start training.

In the end there is no difference between life and training, between practicing the form and not practicing the form.

***There is only the Tao.***



### Combatting Covid 19 with Tao Yin

By John Ainsley, Kent

In early April I was unfortunate to contract a particularly nasty dose of Covid-19. At first it wasn't too bad and after about 5 to 6 days it seemed to go away. However, after another couple of days the cough came back and it seemed that I was coughing constantly. It started to affect my breathing, and at times it had me gasping for breath and feeling exhausted. I used the government website to register my symptoms and got a message back saying that I almost definitely had Covid-19 and for me to take paracetamol. At this stage I began to help my body fight this virus by doing Tao Yin exercises.

The **4 Tao Yin** that I selected to do were:

1. **Embrace Oneself:** This helps decongest the lungs and stretches the thoracic region opening both front and back of the lungs
2. **Pull Back and Feel the Power:** This also helps decongest the lungs but works on the sides of the lungs by opening and massaging the pleural membranes and intercostal muscles
3. **Flying Fox:** This opens and relaxes the chest and helps create calmness and tranquillity

4. The 3-gate breathing Tao Yin as taught at the last Twyford and demonstrated by Renée on the video in the members section of our website.

The first 2 of these exercises are from a set of 6 for decongesting and strengthening the lungs which were taught to us many years ago during the early days of the TAO (good job I have kept my notes from those days). The others in this set are Dragon Turns its Head, Cobra Spits with Venom, Iron Grip, and Student Salutes the Master.

I chose these 4 as I thought that they covered all sections of the lungs and were not too strenuous (I did try others from the set of 6 but found them too strenuous). I did them in the order as listed every morning and night and during the day and night as I felt that I needed help with my breathing.

After another week I was getting no better so I rang my doctor who also confirmed that I had all the symptoms of the virus and that if I got no better, I should ring the help line and go to hospital. I advised her that I was doing breathing exercises which were helping and that I would like to persevere with these rather than go into hospital. She agreed to this on the condition that I would go to hospital if I got worse and that I checked back with her in a week.

I continued with these exercises throughout the next week and each time I did them I could feel them open my lungs and ease the congestion. Doing these exercises allowed me to maintain full lung function during the worst of the virus and limited the virus to affecting my bronchial tubes only. Towards the end of the 4<sup>th</sup> week after contracting the virus I started to feel the congestion easing and the coughing diminishing. All in all the illness lasted around 7 weeks. I continued these exercises throughout that whole period and got slowly better and stronger over the last 3 weeks. I am now building up my strength by doing the form daily and even adding in a little bit of Shou Pei Fah to assist my stamina. I'm also doing the ever-faithful Happy Day Breathing every morning.

I thank my Tai Chi training with the TAO over the past 25 years in helping me through this illness and I'm sure that without my previous training and the use of these exercises that the virus would have gotten into my lungs and I would have ended up very ill and probably ended up in hospital. I recommend doing these exercises to anyone who has the symptoms of Covid-19 or to anyone who just wants a simple 20-minute workout to strengthen the lungs.

## Tao Yin Exercise Helps Post-Operative Recovery

-Excerpts from a personal letter April 2020

By Rhiannon, Wales

“...I am home and have been since Friday evening mostly in garden and bed. The operation went well and I'm covered in dressings and have my drain attached. I hope you are fine. I can see you have set-up Zoom classes and look forward to joining you in my capacity as soon as I can.

I have learnt a great deal about my inner body since being at the hospital and how the exercises work. Lying down flat on the bed I realized I could do happy days, as you had shown me, lying down which meant I had no need for oxygen and also the clearing the lymph exercise that Tony advised and you went through with me.

I then began doing the warm-ups mainly as a boredom breaker, but also felt the need, and all were able to be done with very little adjustment.

When it came to the leg work the left leg was no problem apart from the hip work which I did in small, and the right leg which was encased in a massive plastic boot I did in miniature which in truth meant the toes! But even that small movement I could feel it going on up to my thigh. So I carried on and am still doing very gently but slowly. When the two physios arrived to go through my physio of what they needed me to do, they were taken aback that I could already achieve what they wanted me to aim for. So they showed me how to get up and down stairs and left me to it, but kept everyone else on with their physio. They have sent me with a walker home, but I've had no need to use it and will probably use a stick more to keep me upright rather than for support.

Any way I cannot wait to see you again, I know there is still a journey to go but mobility is not going to be one of those problems...”

## Chinese Medicine in the TAO and at University

By Leonie Böffinger, Germany

This is a little reflection on different approaches to learning Chinese Medicine. I am drawing on my experience of the 6 years I spent studying Acupuncture and Chinese herbs at the University of Westminster and learning Tui Na from Tony since 2014.

To give a brief description of what we did during the 6 years we have been studying Tui Na with Tony: We met for 8 days each year, going through the different kinds of techniques, basics in anatomy, alignment of joints, analysing postures and lately working with fluids and energy in the body.

A quick run through of the curriculum at university, it consists of point locations and meridians, concepts, principles and strategies of Chinese Medicine, anatomy, physiology, pathophysiology, therapeutic relationships, and herbs and formulas of Chinese Medicine. The university I went to emphasised the advantages of the ancient roots of Chinese Medicine; the intricacies of this multi-facet, dynamic approach to healing. It advocated a way of thinking holistically and reflectively, incorporating different and sometimes opposing viewpoints and learning to cope with ambiguities. This all happened in the structure of both Bachelor and Master of Science Degree courses. The ways of thinking being promoted therefore were often in contrast to the overall structure of the course which was very analytical and 'left-brain' orientated. The integration of all the acquired knowledge happens after graduating, through experience, continual study and reflection and the exploration of other approaches.

It is a very fascinating thing to grow up in a world of evidence-based facts and 'down-to-earth logic' and then get to explore a culture and a way of thinking that does not mind putting opposing facts right next to each other without having to decide which one is 'false' and which one is 'right'.

Whilst, for me personally, university did a good job at providing lots of different angles and viewpoints to explore, a deepening of understanding and many of the elements I truly love about Chinese Medicine came to me through Tony and the Taoist Arts Organisation (TAO). There were a few classes on Tui Na and Qi Gong at university, but they did not meet my expectations regarding depth and quality of methods and techniques.

The whole journey of the Tui Na course with Tony was about developing sensitivity and a feeling of what is happening in the patient's body and what kind of an effect I am having on the processes occurring in their body. In order to always be aware of how things are changing in the person I am treating it is necessary to expand sensing faculties in myself, developing a clear focus on what my starting point is, where I want to get and how I am getting there.

The same process was taught at university but at a different level. At university, it meant evaluating signs and symptoms to make a diagnosis, creating a prescription (of points and/or herbs), and then re-evaluating the diagnosis based on changes in signs and symptoms.



It was very much a rational process. In comparison to that, within Tui Na this process is less rational and requires more complex sensitivity and the ability to tune into someone's body to sense and feel correlations. In this way Tui Na can serve as a tool for understanding and getting more directly in-touch with some of the very basic characteristics of Chinese Medicine, like individualised treatments based on the uniqueness of every patient, or the balancing of flows of energies through the body to restore harmony. As we all know, when practicing Tai Chi, we have to incorporate the principle of adaptability. There is no simple 'right' or 'wrong' way of doing one thing. Tui Na has made the importance of this concept even more apparent.

Some of these variations are due to the differences in teaching methods between academic institutions such as a university as compared to organisations such as the TAO. Apart from that, hands-on approaches like Tui Na require a different kind of sensitivity than Chinese herbs.

I would like to emphasise that while I have my own personal preferences regarding these different approaches, and that means that I can clearly say what works well for me personally, this is a subjective evaluation and not a value judgement. I am very grateful for the different methodologies and ways of practicing that I have gotten to know so far and all the challenges and opportunities they bring me. Overall, learning Tui Na in the TAO has been an invaluable opportunity for me to expand my knowledge of both Chinese Medicine and Tai Chi and I hope to learn a lot more in all of these areas in the coming years.

### **TAO Schools 2019** **By Martin Manasse, Newcastle**

I could be accused of following a tradition in writing about my first Summer School, just as Anne did many years ago. I was deeply impressed by her love of and commitment to Tai Chi but steadfastly resisted joining a class until four years ago. Until then I had been content with learning the warm-up, which had become my daily start to the day, but I did nothing else, except to watch Anne admiringly. I recall vividly her pleasure when she became a black jacket. Also, I was the fortunate recipient of her Tui Na training, being her guinea pig and reaping much benefit.

Four years ago, Anne and I were on holiday on the Isle of Skye (yes, of course we visited Gillian) and were shopping in Portree when I misjudged the edge of a kerb and fell quite heavily. "That's enough," said Anne, "when we get back you join my class and learn some balance." That was the start of my Tai Chi

journey and I came quickly to appreciate what a good teacher Anne was. Sadly, I only had two years with her left. I continue to train in Newcastle with Abe.

### Easter School Residential course @ Bloxham School



It was a great surprise when Tony 'phoned me earlier this year to ask whether I might do an oral story evening on the Saturday of Easter school. I agreed at once, then thought how illogical it would be to go just for that night and signed up for the whole course. I had no idea about my stamina or how my lack of knowledge might hold me back, but I need not have worried. The friendship and support from all sides made Easter School a great experience. Also, people seemed to like my stories and when, as I was changing my shoes after the last session, Cilla casually asked me whether I would be at Summer School, I said I probably would come and was gratified to hear from those within earshot, “Oh, good, more stories.”

### Summer School Residential Course @ Harlaxton Manor



Summer School would, I assumed, also be a tremendous challenge both in terms of learning and of stamina. Certainly, I found that by 2 p.m. each day, I tended to feel that I had had enough and then by 2.45 p.m. I was re-vitalised and able to continue happily. As for learning, we all know what a great teacher Tony is but what really makes it all so rewarding is the knowledge, generosity, patience and friendship shown by all of what Tony so rightly describes as “The TAO family”. Apart from new (to me, anyway)

exercises and techniques introduced during the course, I also found my way to 50 in the form with the aid of a variety of wonderful partners, all selflessly giving their time to help me on my way, and doing so in three languages! On and off the training floor Summer School has been a thoroughly enjoyable and educational experience. Meeting old friends, making new friends and sharing information. The social evening was also a great pleasure, discovering talents hitherto unknown and sharing time together. What novelties might I take home?

Over 5 days, the early rise already becomes a bit habitual and since I have returned, I have got up earlier than before. Also, my warm-up to start the day has now been followed daily by practice of the form up to 50, nothing expert, just stumbling through what I remember and trying to note all the questions I have for Abe at the next class. Will it continue? I have no idea. I do have the advantage that I am retired and can timetable my life as I please, but there is a lot of activity and travel to come (all things being equal) so who knows whether I will sustain daily training. All I can say is that it feels very good and already I look forward to Tony's visit to Newcastle in November.

A huge thank you to the organisational team and whole family for making me feel welcome, nurtured and for being willing to talk about Anne, without whom I would never have met any of you, but with whom I shared 35 amazing years. For those who participated in the gift, the white orchids are currently in their fourth flowering, though it does look as though that may be the last. As for me, I feel very confident that this was not my last Summer School and there is Easter before that too, so au revoir, au wiedersehen, until next time.

### **Zoom Class Experience** **-Excerpts from a personal letter** **By Eirian, Wales**

“As you know, I had only just started doing Tai Chi and was really enjoying it. When lockdown occurred due to Coronavirus the whole world turned upside-down for everyone. When you suggested that we do Tai Chi via Zoom, I was a little apprehensive, as I had never used technology to meet a group of people before and wondered how this would work. Since then I have tried to do Tai Chi each day via Zoom.

The classes have given me structure during the day and a reason to get up in the morning during a time when it would have been easy to just not do anything. The classes have been amazing with you teaching new exercises, perfecting old exercises and allowing everyone to contribute to observing where we were finding difficulties and then being guided by you as to how to correct ourselves. You may not have been in the room but your great way of explaining things allowed up to change over the weeks.

The other important benefit of doing the class was to be able to socialise with others when in isolation due to shielding as a result of coronavirus. There were many times where we just had fun and laughed with each other about some comment or other or just simply finding one of the exercises too difficult and doing it wrong. I feel that the classes have given me amazing benefit, socially, physically and mentally, over the last few weeks and although we were all strangers meeting initially, we are now a group of friends. Thank-you Janet for inspiring us all and motivating us to take care of ourselves at this time. Eirian”

### TAO News

#### Sport England SCiMA Coaching and Safeguarding Registration

A new Safeguarding Code for Martial Arts has been introduced in the UK. As a Sport England recognised National Governing Body, the [British Council for Chinese Martial Arts](#) (BCCMA) has pledged to follow this code.

The Taoist Arts Organisation takes safeguarding children and vulnerable adults very seriously and has committed to ensure all UK TAO Instructors are compliant with the Safeguarding Code of Martial Arts by registering with [SCiMA](#) (Safeguarding Children in Martial Arts).

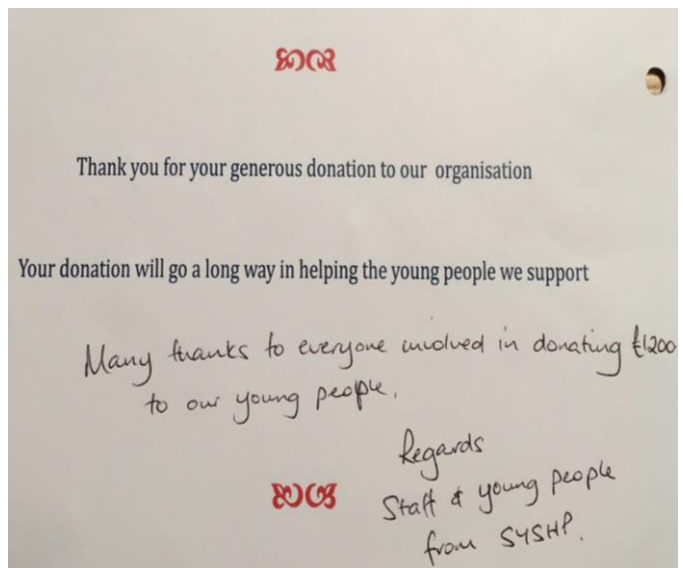
Components of SCiMA registration and accreditation include Safeguarding training, requirement for DBS clearance (Disclosure and Barring Service), First Aid Certification for Martial Arts, and a coaching grading level registration with BCCMA (Bronze, Silver and Gold). TAO UK Instructors started their SCiMA registration and accreditation process in January 2020. Multiple First Aid courses took place early this year for TAO instructors, and many have completed the Safeguarding training.

For Instructors, completing the process of SCiMA registration with your coaching accreditation will demonstrate your ability to coach all martial arts participants, including children and vulnerable adults, and provide quality assurance of your professionalism, coaching credentials and competency at National level with Sport England and Sport UK.

For further information, please contact the TAO secretary [secretary@taoistarts.org](mailto:secretary@taoistarts.org) and review information in the Instructor area of the [TAO website](#).

### TAO Community Support

Last year, the TAO provided support through donations to the Swansea Young Single Homeless Project. This charitable organisation supports young people who have faced many challenges, providing practical and emotional support, tailored to each individual's needs, to help them gain control of their lives. They have written with great thanks and, also to inform us that they are merging with a much larger organisation.



Following committee meeting, it has been agreed to fund a different organisation, again at a local level, this time at Calverley Hill in Tunbridge Wells run by the [Salvation Army Housing Association](#).

Calverley Hill is a supported housing service for teenage parents, couples and families and single males and females. The service offers low to medium support with 24 hour staff cover to 17 young people for a maximum of 2 years.

### TAO 25<sup>th</sup> Anniversary 2020

As many of you may know it is the TAO's 25<sup>th</sup> Anniversary this year! To celebrate this, a special edition of our training T-shirts has been designed. These are available in all sizes. You can check out the design and styles on the TAO website by clicking [here](#). To purchase a T-shirt please contact Jane Frew [jfrew2001@yahoo.co.uk](mailto:jfrew2001@yahoo.co.uk) with your sizes and numbers required.

### Tribute to François Thiemann

By Corine Lionnet- President of TAO in France, on behalf of all TAO members (translation by Renée Pryce)

The TAO bids a sad farewell to François who left us on 18th April 2020, and whose parting is a great loss to the Tai Chi community in France, all his students and training companions. It is with great sadness that we here bear testament to François and extend our heartfelt thoughts to his family. Known for his dedication and commitment to the world of Tai Chi in France, François strove for the development of Tai Chi as a discipline in general, and for the Li Style in particular, raising its level at regional and national level, alongside James Brulet, who was his instructor before he himself became one. François was the president of the French TAO, and representative for Li-Style in France under the guidance of master Tony Swanson, Technical Director of the TAO Li Style for Europe, who was the successor to master Chee Soo who brought Li Style to Europe.

Tirelessly striving, François put all his energy into getting our discipline officially recognised by the French Federation of Chinese Energetic and Martial Arts (FAEMC). A fully committed and persuasive player in the development of the Europa Tai Chi and National Championships, and member of the Federation's Technical Committee, François motivated both his colleagues and students to participate in competitions and advance themselves. An instructor himself, and founder of one of the Li- Style associations in Tours, SLET, he put his heart into helping students progress and coached a good number of us, whether from his own association or from another region (I am one of them and so grateful to him). He spent countless hours working to aide students, with rigor and discipline, to achieve at various gradings, technical certifications and diplomas.

A thoughtful man with heart, he gave words of encouragement to all, whether beginners or advanced, and in giving advice, was keen to see us progress, and maintain our participation at regional, national and European level, in these Arts which occupied such a big part of his life. He gave a lot of himself and his commitment has come to fruition at national federal and local level, for which we are grateful. Whilst at an advanced age, but still active, he was able to pass on the baton of his association which had the largest number of Li Style members in France.

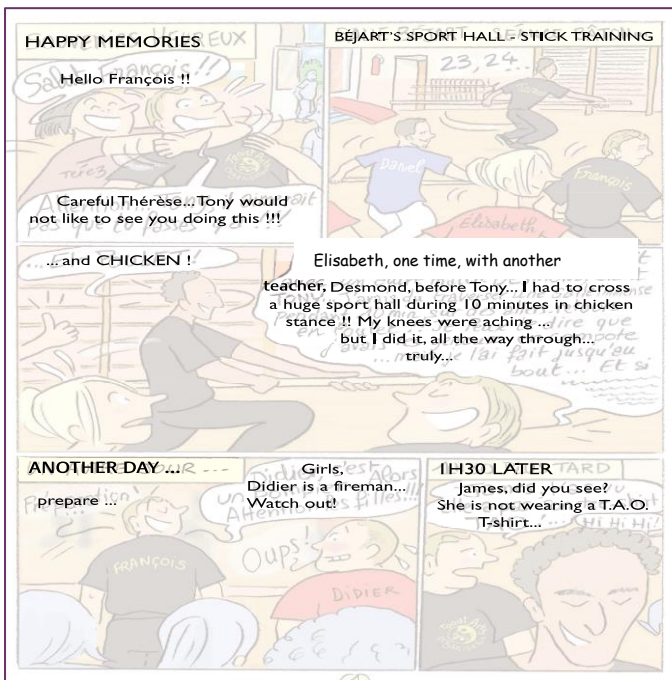
We are saddened that due to the lockdown situation, we could not be by François' family's side to bid him farewell. For those who so wish we will be holding a memorial for him (details to follow), and a remembrance book of testimonials and photos is being put together for his family.

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Adieu François, we wish you peace. Thank-you François for all that you have given. With immense gratitude, and all our affection, in the name of all the TAO. *The original French Tribute is in the members' area [of our website](#).*



Comic strip for François, by Thérèse, France (translation by Mathilde Pellé)





### Training during Covid-19 Pandemic Lockdown

Easter and Summer Schools 2020 were sadly cancelled this year due to the global Covid-19 pandemic. The Committee is exploring if an Autumn School might be possible this year, however, this depends on a number of different factors. Members have been contacted about interest in this and other options. Other courses in Spring and Summer unfortunately also had to be cancelled due to the pandemic.

During this time, TAO Committee members have continued to work on various developments and projects to support the TAO now and into the future. Members have renewed membership over this period ensuring ongoing essential workings of the TAO whilst preparing for resumption of group and indoor training and future courses.

Members have been busy training, whether through personal practice, use of online aides such as member access to video footage of the Technical Director Tony Swanson teaching Kai Men and Tao Yin, or joining online classes held by a number of TAO Instructors.

To keep abreast of news items, training videos and information, please log into the TAO website members' section and also like the [TAO Facebook page](#). Sharing TAO Facebook posts will help spread the good news about the TAO and help ensure our continued growth.

Further updates on training will be sent out in forthcoming weeks and months as lockdown continues to ease. ***Please email the Editor with your news, stories and experiences during the pandemic to share with the TAO Community.***

### TAO Course Calendar 2020

All courses scheduled for 2020 are listed below.

-Those in grey were cancelled due to the Covid-19 lockdown.

-Remaining courses of the year are currently planned to go ahead.

***-Please contact your instructor for further information.***

- For booking of UK regional courses (except residential) contact Marina ([marina.de.vos.bath@gmail.com](mailto:marina.de.vos.bath@gmail.com))
- For booking Residential courses contact James ([jhlumsden@btinternet.com](mailto:jhlumsden@btinternet.com))
- For booking Tui Na weekend courses contact Marie ([mariehartshorn@btinternet.com](mailto:mariehartshorn@btinternet.com))
- For local course information (hotels, parking, locations) contact the local course organisers via their email addresses found in the calendar.

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Dates of all courses can also be found on our google calendar: Public link:

<https://calendar.google.com/calendar/embed?src=iv79lp95qamq2tmbmq3tjo64f4%40group.calendar.google.com&ctz=Europe%2FLondon>

Ical: <https://calendar.google.com/calendar/ical/iv79lp95qamq2tmbmq3tjo64f4%40group.calendar.google.com/public/basic.ics>

To add this calendar to your own google calendar, take the following steps:

- 1) Add a friend's calendar
- 2) In the 'From URL' option add the Ical link

## UK Regional Course Fees:

Course Fees	1 day	2 days
<b>T.A.O. Members before early booking deadline</b>	£45	£70
<b>T.A.O. Members booking after early booking</b>	£55	£80
<b>Non-Members</b>	£60	£85
<b>Friday night regional training</b> £10		
<b>£10 concession for senior citizens and those on means tested benefits</b>		

**Early booking requires a £20 pounds deposit given to your instructor** or posted to Marina De Vos *before the early registration deadline* (the 15th of the month preceding month of the course). Full course fee payments will be taken at the course.

Date	Course	Location	Details
25-26 January	Instructor training	Twyford	<b>Instructors and invitees only</b>
1-2 February	French Regional Course: Tours	Tours, France	<b>Arrive 31<sup>st</sup></b> Contact Mathilde Pellé, <a href="mailto:taoistartsorganisation.fr@gmail.com">taoistartsorganisation.fr@gmail.com</a>
6-9 February	Tui Na @ Germany: III	Russelheim, Germany	Contact Hubert Schneider, <a href="mailto:h.schneider@li-stil.de">h.schneider@li-stil.de</a>
21-23 February	Chi Shu	Russelheim, Germany	<b>21 February is instructor only</b> Contact Hubert Schneider, <a href="mailto:h.schneider@li-stil.de">h.schneider@li-stil.de</a>
14-15 March	Instructor training	Twyford	<b>Instructors and invitees only</b>
20(evening) 21-21 March	German Regional Course: Bonn	Bonn, Germany	Contact Hans Lütz <a href="mailto:info@hans-luetz.de">info@hans-luetz.de</a>
6-9 April	Tui Na @ Bloxham	Bloxham School, Banbury Road, Bloxham, OX15 4PE	<b>Pre-booked only</b> <b>Arrival 5<sup>th</sup>.</b> Contact Marie Hartshorn <a href="mailto:mariehartshorn@btinternet.com">mariehartshorn@btinternet.com</a>
10-12 April	Easter school	Bloxham School, Banbury Road, Bloxham, OX15 4PE	<b>Pre-booked only</b> <b>Arrival 10<sup>th</sup></b> Contact James Lumsden, <a href="mailto:jhlumsden@btinternet.com">jhlumsden@btinternet.com</a>
18-19 April	Tui Na @ London	Complementary Health Centre, Lee,	<b>Pre-booked only</b> Contact Marie Hartshorn

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Date	Course	Location	Details
		London, 174 Manor Ln, London SE12 8LP, UK	<a href="mailto:mariehartshorn@btinternet.com">mariehartshorn@btinternet.com</a>
01(evening) 02-3 May	UK Regional Course: Scotland	Achmore, Lochcarron and Kyle of Lochalsh, Scotland	Contact Marina or Gillian Soutter <a href="mailto:gilliansoutter@gmail.com">gilliansoutter@gmail.com</a> <b>Early booking deadline: 15 April</b>
16-17 May	Instructor training	Twyford	<b>Instructors and invitees only</b>
20-24 May	German Summer school	Rüsselheim, Germany	<b>20 May is instructor only</b> Contact Hubert Schneider, <a href="mailto:h.schneider@li-stil.de">h.schneider@li-stil.de</a>
30-31 May, 1 Jun	French Summer school	Tours, France	<b>Arrival 29<sup>th</sup></b> Contact Mathilde Pellé, <a href="mailto:taoistartsorganisation.fr@gmail.com">taoistartsorganisation.fr@gmail.com</a>
13-14 June	Open Twyford, AGM	Loddon Hall, Twyford, UK	<b>Open session, AGM on Saturday</b>
20-21 June	Tui Na @ London	Complementary Health Centre, Lee, London, 174 Manor Ln, London SE12 8LP, UK	<b>Pre-booked only</b> Contact Marie Hartshorn <a href="mailto:mariehartshorn@btinternet.com">mariehartshorn@btinternet.com</a>
29-,31 July, 1 August	Tui Na @ Harlaxton	Harlaxton College, Harlaxton Manor, Harlaxton, Grantham, Lincolnshire, Grantham NG32 1AG	<b>Pre-booked only</b> <b>Arrival 28<sup>th</sup></b> Contact Marie Hartshorn <a href="mailto:mariehartshorn@btinternet.com">mariehartshorn@btinternet.com</a>
3-7 August	UK Summer School	Harlaxton College, Harlaxton Manor, Harlaxton, Grantham, Lincolnshire, NG32 1AG	<b>Pre-booked only</b> <b>Arrival 2<sup>nd</sup></b> Contact James Lumsden, <a href="mailto:jhlumsden@btinternet.com">jhlumsden@btinternet.com</a>
10-13 September	Tui Na @ Germany: IV	Russelheim, Germany	Contact Hubert Schneider, <a href="mailto:h.schneider@li-stil.de">h.schneider@li-stil.de</a>
26-27 September	Instructor Training	Twyford, UK	<b>Instructors and Invitees only</b>
3-4 October	Weapons Course	Warwick School	Contact Marina or locally John <a href="mailto:Zetterstromjzettaichi@hotmail.co.uk">Zetterstromjzettaichi@hotmail.co.uk</a> <b>Early booking deadline: 15 September</b>

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Date	Course	Location	Details
9(evening), 10-11 October	UK Regional Course: Wales	Berriew Community Centre, 1 Rectory View, Berriew, Welshpool, SY21 8FB	Contact Marina or locally Dave Phillips <a href="mailto:taichiatbc@phonecoop.coop">taichiatbc@phonecoop.coop</a> <b>Early booking deadline: 15 September</b>
24-25 October	Instructor Training	Twyford, UK	<b>Instructors and Invitees only</b>
20 (evening)-21-22 November	UK Regional Course: Boston	Boston	Contact Marina or locally Cilla Westley <b>Early booking deadline: 15 October</b>
28-29 November	German Regional Course: Bonn	Bonn, Germany	<b>Arrival 27<sup>th</sup></b> Contact Hans Lütz <a href="mailto:info@hans-luetz.de">info@hans-luetz.de</a>
5-6 December	Instructor Training	Twyford, UK	<b>Instructors and Invitees only</b>
11(evening), 12-13 December	UK Regional Course: Newcastle	Heaton Community Centre, Newcastle	<b>To be confirmed.</b> Contact Marina <b>Early booking deadline: 15 November</b>

***Thank-you to all for your contribution to this issue of the TAO Newsletter!***

*For the next Newsletter, please send in your news, stories and experiences during the pandemic to share with the TAO Community. We would love to hear from you.*

***Please send your articles or other contributions for the next edition by 30<sup>th</sup> August 2020 to the Editor, Renée Pryce, at [moonwillow75@gmail.com](mailto:moonwillow75@gmail.com)***

**Taoist Arts Organisation**

