

TAO NEWSLETTER APRIL 2021



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 everyone is well and looking forward to returning to training in June.

Perhaps we can start putting this bad time behind us and start trying to pick up where we left off, to continue to work towards mastering the Arts.

Hopefully the summer course will go ahead and the delayed Easter course being held in October.

Thanks to those who have paid their membership and are still enrolled in the organisation. Hopefully the courses in the future will give you something to show your loyalty has stood the test of these times and there is still much more to learn.

Thank-you to all the Instructors who have worked hard to conform to the new legislations thrust upon is. It may seem tedious but once done, it's done, and we can get on with the things that matter.

Tony Swanson



News from Wales

By Janet Edwards

Using Zoom to teach has been a steep learning curve! Not only a challenge, but also rewarding in unexpected ways. With many students shielding, and medical friends telling me this would not be over quickly, my downstairs area was reorganised and we started Zoom before the end of March 2020. Soon my old unused TV came to life with a HDMI cable and web cam.

Seeing others safely, without any travel hassle or expense has been a bonus! Coming together with students and fellow instructors, we had fun sorting technical glitches and put together a pdf of 'Zoom hints and tips'. Sally Grinhey and Jane Frew sorted a new Zoom polo shirt, in blue and with TAO logo, as students complained the 'Darth Vader' black look is not easy to see on screen.

Flexibility to adapt to on line classes was needed! With a larger screen, everyone can be seen more easily. Via Zoom, we can see our own image and notice our mistakes!! Demonstrating more clearly aspects of an exercise, and seeing the detail of what students are doing are advantages. Though of course not everything is visible. So to make up for Zoom restrictions, I am much more active in asking each student for feedback, drawing everyone into making comments, adapting and informing my plans.

Zoom classes are shorter, each lasting just one hour, so we don't get screen fatigue! As students usually come at least twice a week, progress has been significant. Once we have done about 8 weeks' worth of exercises, students are invited to pair and to meet 'virtually' to practice and then demonstrate this to the class. This has been a highlight! My classes focus on Tao Yin and Kai Men. With 'pinning video', students can look at the demo and at themselves at the same time. It is easier to see if a knee or arm movement is different from what we were hoping! We look at some sequences of the form, without turns, and building on understanding of principles. Two students had CV-19 and advice from Tony about exercises to deal with after effects has been useful.

As my usual time to practice at home was 8am, I invited students to join me via Zoom, and this has been the most popular time and this happens 6 days a week, with some people coming almost every day. Then there are later classes 3 days a week also. A real treat has been inviting friends from other parts of the country to join us, including one from USA! So there were 2 new Zoom classes with new beginners. 18 new students have become TAO members.

With longer lockdowns in Wales, with students shielding, some living on their own, some feeling the strain, we had several fun 'Zoom tea parties' with favourite cakes, drinks, jokes, photos, intro to pets etc.

Keeping in touch via Zoom with other instructors informally has been very supportive and significant. Some of us have visited each other's classes. We have practiced together regularly one evening a week, with instructors taking turns to choose an exercise to show, then using break out rooms to practice, and bringing back 'our Pearls of Wisdom' from each group to the main meeting. It's been very good to connect with instructors from Germany, France and different regions of the UK, to keep in touch, to check out and revisit exercises shown to us by Tony. We started small, growing slowly and with advice from Tony, inviting people who attended Twyford regularly over recent years, and also France/Germany instructor training.

With our face to face Wales regional course cancelled in October, instructors organised our first Zoom course aimed at students with less than 7 years' experience. Further courses followed in November, December, January and February. Tony Swanson, our Technical Director, was consulted and gave these courses the go ahead. Working together, our informal instructors group made these courses possible. One instructor, with a second back up instructor, leads the main exercise. Other instructors lead the warm ups, closing exercise and the break out rooms for small group practice. Students have come from Germany, France, Scotland, Wales, England, and USA!

Regular face to face classes here have not been possible for a year now, since March 2020, with more stringent lockdown restrictions in Wales and local virus spikes. For my non Zoom students, who have poor internet or who are just not into Zoom, it has been a tricky challenge to keep things going for these students. The restrictions became less mid-August until October, but by then it was raining a lot, so any planned outdoor sessions were just not possible! Our TAO website has been helpful, with added features, and video exercises on the Members area, though not all can access some features because of poor or no broadband. My students like the videos for beginners of Tao Yin moves of the Form, sent from Germany; thanks to Hubert and Anna for this!

Despite its drawbacks, and my great dislike of screens, using Zoom has helped with learning, teaching and exploring new ideas. And it has helped to reduce any feelings of 'Doom and Gloom'. Through this time, I know Tony is there offering support, and remembering his teaching gives such good grounding. Thank goodness for the TAO. No doubt we shall face ongoing tricky situations this coming year too. For me keeping in contact with each other has been immensely helpful, by whatever means seems practical.

Janet Edwards' students' feedback:

Gwyneth Jackson Jones:

"Thank you so much for keeping the classes going during these difficult times, it's a great help to keep us fit in mind and body and also to have good social interaction. See you tomorrow".

Steve Clark has learnt entirely via Zoom:

"Hi, Here are some thoughts re zoom classes:

1. It is so convenient and makes it easy to do two (or more) classes a week. If I had to get somewhere to do a "real" class I would struggle to ever do more than one in a week.
2. Someone else said that it is less daunting to join an online class than to go into a room full of strangers especially when you are new to it. I hadn't thought about it but that would certainly apply to me.
3. I started because I thought that the breathing exercises would be a valuable weapon against CV-19, but am really enjoying it - it is something that I have meant to take up for some time but again, much less disruptive connecting in than having to find a local venue.
4. I use a laptop for the camera and sound but plugged into the TV as well. This makes it easier to see Janet and follow the instructions and it always seems that she is looking straight at me to see what I am

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not doing correctly even though there could be 5 or 6 more people in the class. It focusses ones attention!”

Megan Dauksta lives in a very isolated place in mid Wales, and has also learnt entirely via Zoom, starting in April, she says:

“It is great to learn over Zoom as it cuts out travelling for me which is usually an issue living in a remote spot. It also means that you can look at yourself as well as the teacher to check on posture etc. I enjoy the regularity of the classes - I currently attend two per week in the evening. I don't think I could commit to this if I was having to travel to a class.

I find the exercises are helping with my lower back and hip problems that have been very longstanding. I enjoy the 'gentle' approach to the movements. The clips of Anna (from Germany) help to see how everything flows together. Overall I am very grateful for the time and effort my instructor puts into the classes, they have been a real highlight of the lockdown.”

Local TAO Zoom Tea Party in Wales with Janet's regular class

After a Tao Yin called Fell the Tree, taught by special guest Sally Grinhey



The above photo was taken by Janet Edwards with kind permission given by those pictured for its use in the Newsletter.

Tui Na Course Experience

By Katherina Weltzien-Falk

I am very lucky to have attended the 4 Tuina courses held in Rüsselsheim over the period of 2019 - 2020.

1. First of all, I want to thank Tony for his tireless patience, and his profound and encouraging way of teaching. Learning from Tony always feels to me like being seen “with no filter“. The Tuina was amazingly effective and led to results immediately.
2. Secondly I want to thank Kathrin for her introduction to anatomy, and for sharing her vast experience both in Osteopathy and Tuina. From my point of view this was an excellent way to start off the teaching.
3. Thirdly I want to thank Hubert for having made this course possible at all, and for continuing to do so during this period of Coronavirus.

Learning Tuina is about gaining knowledge about the body’s structure, both internal and external, through students receiving and giving massages. By doing so we can get a deeper understanding of why the movements of Li-style are so overwhelmingly important: improving according to the capability of our structure, as it is meant to be naturally. The Li-style principles are about bringing body and mind back into their entity. Additionally, I learned a lot about practising the techniques: trying out different possibilities, working out which turn out to be much more comfortable than others.

Beyond this, practising Tuina means to be responsible for giving comfort not only to yourself but to your client. Studying Tuina gives both physical and emotional understanding and support, and huge overall knowledge growth. Feeling a tiny bone move, a certain tissue expand or a muscle release through my own hands means a lot to me. Receiving and giving friendly feedback immediately is also very helpful in the learning process.

Learning and developing Tuina techniques always corresponds directly with practising Tai Chi, and the other way round. For example we use thumb to little finger for the massage techniques, as well as moving from the centre, when treating somebody. All Li-style principles are helpful in providing treatments. Learning is hard work, but easier within the friendly atmosphere and with a helping hand. I found this and much more during the course. I am filled with thankfulness and joy for that.

My experience of Tuina is that you need to commit yourself truly, with mind and body, with intellect and heart, with rationality and emotion. Tuina demands everything and gives back easiness, strength and love.

Hooray for Zoom TAO

By Chris Kinsey

Huge thanks to the team of TAO instructors and Zoom-savvy technical helpers who put on the three excellent weekend TAO courses in October, November and December. I think Janet Edwards was the lynchpin for organising and co-ordinating the programme with volunteer lead instructors particularly: Sally, Marie, Gillian and Joan. Also many other great tutors who have led the breakout sessions where small groups of experienced and new students have been able to work out the subtleties of each exercise together.

The teaching and demonstrations have been clear, inspiring and memorable. Zoom is very effective for learning Kai Men and Dao Yin exercises and the small screen is great for monitoring one’s own posture, critical distance and the keeping of the ‘four corners’. The Saturday courses have been welcoming and friendly and I feel more connected to national and European TAO members than ever before in 25 years.

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Zoom has been terrific in enabling those of us who can't travel to regional courses to participate in the wider expertise of the organisation and this is very refreshing. It's been great 'meeting' people I've only heard about or seen in newsletters, namely Cilla and Gillian.

The timing and pacing of each course have been perfect. 1.5 – 2 hours is long enough to really explore and practise a single exercise to the point of being able to remember it well enough for solitary practice. These shorter sessions are also more accessible to members with care commitments and health problems. I hope that even if things return to normal live classes and courses that the organisation will continue with some Zoom sessions. They've been one of the best things to come out of 2020 for me. Zoom brings us closer and cuts travel pollution.

Zoom weekend course



Zoom weekend course



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Spring Clean By Nik Kerwin

It's that time of year for a spring clean. Get the duster and Hoover out - that's the home done. What about the body? Get the Yoga mat out for some Kai Men and Tao Yin. A gentle detox maybe? Physical body done. What about the mind? This is the bit most people miss. A mind detox. There is a lot of press about mental health at the moment, which is a good thing to draw people's attention to it, it affects everyone. It is all especially important at this time where we have been through unprecedented times with the Corona Virus.

I, like many, have been staying safe at home - but this can lead to boredom and cabin fever with a lack of social interaction - Humankind are social animals. We like a bit of social activity. I have taken to baking - all my own bread and Mary Berry's many recipes and not a soggy bottom in sight. I have also been doing zoom Tai chi and Feng Shou sessions to keep in touch with my friends and students and also to keep us fit and active during this time.

Now we can see the light at the end of the tunnel and to benefit from this spring time of new growth and regeneration (Wood) we should start being more active. So - how do we start?

Detox - there are many detox regimes out there some good, some bad, and some that maybe you shouldn't do without checking with your medical practitioner first! However, Li family style has its own dietary practice - ch'ang ming. If we stick to principles in this we can detox in a less harsh way. Follow these ch'ang ming principles for a week or two:

Things that are good:

1. Anything made from a whole grain that has not been refined i.e. Brown rice, wheat, barley, rye etc. So cakes, breads, puddings, muesli and biscuits made from these.
2. All locally grown vegetables (except those further below), fruits and berries. Soya bean, seaweed and nuts (not salted), wild veg and herbs.
3. Low fat natural yoghurt, cottage cheese and vegetarian cheese. Eggs - scrambled or in omelettes.
4. Herbal and Chinese teas. Non-dairy milks - rice milk, oat milk etc. Have skimmed milk if you don't like the alternatives.
5. Natural sea salt or soya sauce.
6. All dried fruits. Fruit drinks made from local fruits - make it yourself for less sugar.
7. Non-fatty fish and white meat and shellfish.

Things to avoid:

1. Refined and processed foods. If you need something quick - have a stir fry.
2. Grain foods that have been processed - white flour, white rice and breads made from white flour.
3. Deep fried foods
4. Caffeine or alcohol, chocolate and sweets. No cold foods or drinks (ice cold)
5. Spices, rock salt, pickles, vinegar, curry. Cut down sugar.
6. Red meat, fatty white meat and game, or oily fish like Mackerel.
7. No potatoes, tomatoes, aubergines, rhubarb or spinach.
8. No dairy or fried eggs.

Try and eat twice a day, and if you get hungry have some water or a healthy snack. The best times to eat are when the stomach is strongest between 7am and 9am and an evening meal but never after 7pm. The

main thing is to give your digestive system a break and time to deal with what is in your digestive tract. So local, healthy food - in moderation - chew all your food to a liquid for easy digestion. ** Balance your food the easy way, make sure you have more than one colour food on your plate.

For the body, a good all round exercise for opening the energy gateways and the joints and exercising the whole body is Relief of the Besieged Places, and Happy Days is always a good exercise for well-being. Two other lesser known Tao Yin exercises to help the body rejuvenate , and are fairly straight forward, are Harvest the Bamboo and Restoration. I have written these up at the end in case you do not know them - if in doubt on anything ask a TAO instructor. Spring is the time for the liver (wood), so an exercise for the liver would also be beneficial, so for the liver, lateral movement and opening of the spine I have also included the Dragonfly exercise.

Do these, or any of your favourites, with intention and spirit. Resist just going through the motions or doing them half-heartedly. The slower you do them the more you will feel. Clearing the mind and doing the moves slowly with intent whilst listening to the whole body - is a form of meditation and will help settle the mind.

How do you clear the mind? Relax, don't think of anything, when thoughts come - acknowledge them and let them pass. Don't dwell on anything. Listen to your body, release any tension and correct your posture whether you are sitting, standing or laying down. Try to get to the point of ultimate stillness (Wuji) where there are not barriers or limits , no ego and anything is possible; become the uncarved block (Pu); that state of nothingness from which everything comes and therefore is limitless as in the 28th verse of the Tao Te Ching:-

"Know the masculine,
but keep to the feminine:
and become a watershed to the world.
If you embrace the world,
the Tao will never leave you
and you become as a little child.
Know the white,
yet keep to the black:
be a model for the world.
If you are a model for the world,
the Tao inside you will strengthen
and you will return whole to your eternal beginning.
Know the honorable,
but do not shun the disgraced:
embracing the world as it is.
If you embrace the world with compassion,
then your virtue will return you to the uncarved block.
The block of wood is carved into utensils
by carving void into the wood.
The Master uses the utensils, yet prefers to keep to the block
because of its limitless possibilities.
Great works do not involve discarding substance."
- Translated by J. H. McDonald, 1996, Chapter 28

I realise this is long, but it is a nice translation. We could talk about the meaning of this for hours, but the main point is embracing the world as it is, with compassion and love and, like a child, open to everything and not yet bogged down in trying to fit in and be like everything/everyone else, and free from trying to be something - you just are you - everything and anything is possible.

Lastly, the Li Tai Chi form. You know it, practice it daily. Become part of it and make it part of you. Work on perfecting it, making it the best it can be but always have time to just do it for yourself and listen to your senses as you are doing it, without tension, without the mind working overtime. It is Meditation with movement, a little piece of heaven every day.

I will close now, suffice to say I have enjoyed lockdown as - although I always train daily - I have been doing up to 2 or 3 hours on some days, going through Tao Yin and Kai Men and trying to perfect them and learn from them. It has been a real eye opener (and joint opener!) and I feel much better for it. So now it's over to you to get the benefits from the Li Health Arts.

Stay safe.

Nik

** The above is only a snippet of the Ch'ang ming as an introduction as some may not know of it, Chee Soo's book 'The Tao Of Long Life' is a very interesting read.

Tao Yin Exercises from the article above

Written-up by Nik Kerwin

RESTORATION

Starting Position - Worm stance, arms outstretched in front of you.

1. Breathe IN Raise the arms, shoulders and chest and the legs and feet as high as you can.
2. Breathe OUT Relax back down to worm and starting position.

REPEAT twice more.

Initiate move from the centre and stretch the arms forwards and feet and ankles backward as you raise chest and legs. Keep feet together, head between arms and spine long. Do not bend arms or legs, you are aiming to create a banana shape with the body.

You can build up to hold the position for up to 6 seconds before releasing back to worm.

BENEFITS - Revitalising of the whole body. Develops awareness of your own self and form.

HARVEST THE BAMBOO

Starting Position - Eagle stance.

1. Breathe IN Raise up on toes. Take both hands behind back, interlock fingers and extend hands downwards.
2. Breathe OUT Bend forwards (still on toes) until chest is parallel to floor.
3. Breathe IN Return to the upright position.
4. Breathe OUT Bend the knees and squat down as low as possible keeping back upright.
5. Breathe IN Return to upright position.
6. Breathe OUT Lower the heels and takes hands back to sides.

REPEAT 6 times.

Keep on toes throughout. Keep back upright throughout. Open across chest and shoulders to take arms behind and extend downward from shoulders and maintain the stretch. Lower you centre and tuck coccyx to lower down to squat position.

BENEFITS - Improves posture. Good for crooked spines, neck, shoulders. Improves breathing and circulation.

THE DRAGONFLY

Starting Position - Eagle Stance. Hands by sides.

1. Breathe IN Step off with the left leg into Riding horse stance, raising the arms sideways until they are level with the shoulders, palms facing downwards. Straighten the legs to leg triangle stance.
2. Breathe OUT Bend to the right and touch your right heel with your right hand.
3. Breathe IN Return to hands out to sides in leg triangle.
4. Breathe OUT Bend to the left and touch your left heel with your left hand.
5. Breathe IN Return to hands out to sides in leg triangle.
6. Breathe OUT Step in with left leg to Eagle Stance, hands by sides.

Repeat to right.

Repeat sequence up to 3 times.

Bend from the waist keeping arms configuration, opening the vertebrae to the side, left to go right and vice versa. Do not twist or turn the body - you do not have to touch the heel only go as far as you are able. Maintain the weight distribution and do not bend the legs.

BENEFITS : Very good for the liver and lateral flexion of the spine. Stiffness in the legs and neck. Strengthens chest and ankles. Also works on tight abductors/adductors.

RELIEF OF THE BESIEGED PLACES

Starting Position - Eagle Stance with the hands by sides.

1. Breathe IN Step forward with your left leg into left Dragon taking arms forward to front at shoulder level. Continue to take your arms upwards and as they reach above head, fingers pointing to the ceiling, lean back as far as you can.
2. Breathe OUT Straighten up and bring the arms to the front at shoulder level. Then continue and take your weight onto the back leg to right duck stance. At the same time take the arms down as you fold forward at the hips and take the arms behind you until the fingers point directly to the ceiling, take chin toward the leg.
3. Breathe IN Take weight forward to left Dragon and bring arms to front at shoulder level.
4. Breathe OUT Return to Eagle, arms by sides.
5. Repeat on right side.

REPEAT twice more. You should do this exercise every morning and every night before you go to bed. When leaning back , open spine from centre, when at your max, tuck coccyx to lengthen lower spine and keep arms in line with spine. Keep weight in Dragon all the time you are leaning back.

When bending forward, fold from hips and open spine from centre almost as if you put your stomach on your thigh, then your solar plexus, chest then chin on your leg. Align you head and coccyx to make the spine as long and straight as you can. Arms extend behind and up so fingers point to ceiling.

BENEFITS - Improves circulation of Chi and blood. Upper half tonifies heart, lower half the digestive system.

TAO News

TAO Chinese New Year Fundraising Party – from the Rat to the Ox

By Jane Frew

On Saturday 20th February, the Taoist Arts Organisation had a Chinese New Year charity fund raising event of music, fun, games and camaraderie to welcome in the Chinese New Year of the Ox after some really tough stuff that people had endured during the Year of the Rat.

The event was attended by 45 people from across the UK, France and Germany and thanks to the generosity of TAO members, over £250 was raised for homeless charities in the 3 nations. The charities are still to be decided but the money will go to charities which help tackle the causes of homelessness including poverty, mental illness and addictions.

The event shared the talents and creativity of TAO members and included songs, dance, sign language, vocal coaching, quizzes and a scavenger hunt with people running around their homes looking for items to bring to the screen. Audience members wore red, gold or both which the Chinese believe brings good fortune and protection. The party also featured a marvellous last minute prize draw gift of an hour's Zoom time with Tony Swanson. This was won by Marie who is very kindly going to share this time with other TAO Instructors.

There were technical glitches galore and the event overran by an hour. Despite this, the appreciation and support of the TAO audience was wonderful - the organising team appreciated everybody's patience and good humour. A big thanks goes out to people for the help and support that was offered which made it a fantastic experience for the organising team.

The audience was invited to provide feedback after the event including what were the highlights and how the event could be improved. All the feedback has been collated and digested and will inform any future events that might be organised. Comments mentioned great singing; the bravery of people performing to their friends; being able to join in with things and not just be watching; the joys of the zoom mute button and being able to sing along with gusto and not offend a soul (!); the technical challenges of the event; Julie's lovely enthusiasm; camaraderie is always warming; and it's great that people are willing to share with the TAO [extended] family.

As mentioned, the motivation for this event was to bring TAO members together after a really tough year. From the outset, the organising team tried to echo Tony's words in his New Year message where he said that: "We have always been known as a 'family system'...willing to work together, as a family, to provide an outlet for those members who may feel that the COVID situation has left them out on a limb".

It is hoped that the TAO Chinese New Year Party has built on the unity of the TAO that was already there.



Photo credit Julie Stanton

TAO 25th Anniversary Merchandise Available

As many of you may know 2020 was the TAO's 25th Anniversary !

To celebrate this, a special edition of our training T-shirts was designed. These are available in all sizes. You can check out the design, styles and costs on the TAO website by clicking [here](#). To purchase a T-shirt please contact Jane Frew jfrew2001@yahoo.co.uk with your sizes and numbers required. Postage and packaging.



Don't forget we also have fantastic quality 25th anniversary commemorative pens on sale, beautifully weighted with a smooth glide (like any good weapon should be!) - 2 pen designs in a single box-set, with pen casing choice of metallic blue or red, both black ink. You can order your pen sets on the TAO website by clicking [here](#). Prices include postage and packaging. Please contact Marie Hartshorn regarding your pen orders mariehartshorn@btinternet.com.

Thank-you ladies!

TAO Training and News Items

The TAO Committee members have continued meet at the usual frequency throughout the pandemic. They have continued to work hard on various developments and projects to keep the Li-TAO-family thriving, now and into the future.

Training and Teaching from the Technical Director:

Since our last Newsletter in June 2020, we have been very fortunate to have our perspective and understanding of the Li-Family system, Taoism, our training, and ourselves, massively enriched and expanded thanks to enlightening teaching from our Technical Director Tony Swanson in his 8 in-depth Q&A sessions.

In addition to the 8 Q&A sessions with Tony, there are instructional video clips on the TAO website of Tony teaching various Kai Men and Tao Yin, and a heartfelt and encouraging New Year's message from him. Log on to the Member's area on the [TAO website](#) to soak up all of this wonderful resource from our Technical Director if you haven't already, or need to refresh !

Member Resources posts:

2020 saw the launch of the Members' Resources posts with items and excerpts being made available to aide our newer and more experienced members in their training journeys. Log-on to the website to view!

Social Media posts and presence:

We have had lots of news and other items posted on our [TAO Facebook page](#) and [TAO Instagram](#) sites. **Please like, follow and share!**

Email Notifications for TAO News:

Please check that you are subscribed to TAO email notifications so you don't miss out on all the News and updates from the TAO. You can do this by contacting your instructor or the [TAO secretary](#).

Membership Renewal:

You can now subscribe for automated annual membership renewal on the TAO website via our new subscription service!

With just [a few clicks from here](#), you can guarantee your continued TAO membership and cover without any gaps.

Instructors' Coaching Compliance Standards Requirements:

Many of our instructors are en-route to or have completed their **mandatory requirements for nationally recognised Chinese Martial Arts coaching accreditation**. Achievement of these standards is required to be a TAO Instructor (and assistant instructor), and by our governing body the BCCMA for valid insurance.

Required components include:

- Safeguarding and child protection learning and certification
- Enhanced DBS clearance
- Martial arts First Aid Training
- Minimum BCCMA National Level 2 coaching qualification
- Relevant valid BCCMA insurance

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Please log into the TAO website and click [here](#): for more information or contact the [TAO Secretary](#) if you have any queries.

- Coaching, Safeguarding training, First Aid training and DBS applications can all be accessed via the [BCCMA website](#).
- Don't forget you will need to subscribe to the DBS update within 30 days of your certificate issue.
- For full SCiMA registration, so you are a registered coach with Sport England, you will need to create a SCiMA account and upload all relevant documents by [clicking here](#).

TAO Committee Members after a Committee Meeting:



The above photo was taken by Jane Frew with kind permission given by those pictured for its use on TAO Social media in the public domain. www.facebook.com/TaoistArtsOrganisation/

TAO Courses 2021

Twyford, Residential and Tui Na Courses are coming back !

As Spring arrives, we bring good tidings that plans are afoot for the **resumption of TAO residential and Tui Na courses over Summer and Autumn 2021 !**

Plans are subject to the current roadmap for the easing of the UK lockdown, and venue availability.

- **TWYFORD WEEKEND** - *confirmed dates Saturday 26th and Sunday 27th June*
- **LATE EASTER SCHOOL 2021 RESIDENTIAL COURSE** - *provisional dates Friday 29th - Sunday 31st October, Bloxham School*
- **SUMMER SCHOOL 2021 RESIDENTIAL COURSE** – *to be confirmed*
- **BASIC TUI NA COURSE** – **Saturday 18th September - Tuesday 21st September** (*subject to 16 participants booking*) – please contact Marie Hartshorn to book your place mariehartshorn@btinternet.com

More information to follow soon! Please look out for this on the [TAO website](#), [TAO Facebook page](#) and [TAO Instagram](#), or in your email inbox, if you have subscribed for emails.

Pictures from our Fabulous Previous Residential Course Venues:

**Easter School Residential Course
@ Bloxham School**



**Summer School Residential Course
@ Harlaxton Manor**



Summer School 2018



Summer School 2019



Thank-you to everyone for your contributions to this Newsletter!
For the next Newsletter, please send in your articles, news, stories and contributions to the Editor, Renée Pryce, at moonwillow75@gmail.com by 30th August 2021
We would love to hear from you.

Taoist Arts Organisation