

TAO NEWSLETTER January 2024



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

The past year has been taken up by trying to recover from the pandemic. Most of the regional areas are finding it hard with all the cost-of-living increases which have hit the amount of disposable income available, so attendance at weekend courses has dropped causing many to be cancelled. Hopefully things will improve in future.

We still have high standards, and our technical ability is increasing steadily.

Thank you to the Committee for their continued hard work. And to the instructors, for their support and loyalty to the arts. So to 2024 for more success.

Tony Swanson,
Technical Director

End of Year Summary

Happy New Year! I hope you all had a good festive season. The last year has seen some developments in the TAO structure across all 3 countries and we are closer now to a unified organisation in function at this level.

The projects that are being worked on are developing and soon you will all see new promotional material and updates to systems and process. As with all volunteer organisations things take a little longer to progress but we strive for quality.

And as always, we thank Tony for his continued dedication and commitment to the quality of the teaching of the Li-Family system.

I hope to see you on residential courses over the coming year, but in the meantime if you have any suggestions or ideas that you would like to share then please email me.

*Gareth Pryce,
Chairman*



Summer School at Stowe 2023

Member Articles

A Jolly Good Fellow

By Ad Gridley

White-haired, tall, soft -spoken
Charisma in crates
Every advice personalised
Your Old China Plate



End / Start - for 2024

By Ad Gridley

Riding horse and breath out
We all pay respect
Warm up on, then happy days
Tony's intellect

Visitor

By Susan Thompson



Firm and finely balanced, feather-light.
Endlessly waving,
Every barb in harmony.



This feather embedded in the pebbles, long before the snow, and has remained for weeks on end, inspiring this poem.

A personal experience of Tui Na

By Cath B

I was invited to attend a Tui Na massage course, to be a 'model' and receive a massage from students in November by course organiser, Jan Edwards, a dear family friend of many years. I attended not knowing what to expect apart from some relaxation and perhaps some improved sleep.

Over the years I have occasionally dipped into a little bit of Tai Chi with Jan as I had smashed my ankle in 2005 having fallen off a horse and nearly losing my leg. As a result I have a leg length discrepancy of 1.5cm which then impacts on my other knee, lower back and neck. Jan has had endless patience with me trying to help me correct my posture and encourage me to put my heel down when walking.

During the Tui Na massage training session, I had one treatment from Jan. I enjoyed the massage and felt relaxed after. The second massage I had was with Scott. During the session, Tony was instructing Scott on various movements on my leg, concentrating just on my damaged leg. This included mobilising the hip and trying to loosen the fascia over the whole leg.

Immediately following the treatment Tony encouraged me to take some dance movements with him, and gliding steps. I was totally amazed, no pain or limp, both my legs seemed to be of equal length!

Tony then showed me some exercises that would be beneficial to help prevent my leg from retracting again. Although, I have been doing the exercises, there has been some retraction. But I was so impressed with the massage and am incredibly grateful to Jan for inviting me and for her ongoing help, to Scott for assisting and to Tony for his wealth of knowledge, expertise and the application of this to practice.

Thank you so much.

I look forward to the next invite and working on this further.



From the Archive

The TAO has a rich reserve of Newsletter articles from over the years that have enduring truth and relevance to us and our practice and living of the arts.

This year we start with an excellent article, from the 2009 Archive, written by our Technical Director Tony Swanson. It is the first of 2 related ones which capture the essence of Taoism and how this underpins and interconnects with martial arts and life.

Taoism and T'ai Chi

By Tony Swanson, TAO Technical Director

At Summer School we spent one evening exploring the connections between T'ai Chi and the Taoist philosophy that underpins the system. I promised that what I said would be in the newsletter. I have taken the opportunity of looking over what I said to refine and sometimes expand it. So it won't be the same – but nothing ever is!

Taoism and the many problems with words

Talking about Taoism is setting out to explain the inexplicable. Taoism is about that which is not able to be expressed in words, but its truths can be alluded to in words, which is why there is a body of Taoist writings. Typically these writings are elliptical, trying to offer signposts to the experience the writers are trying to communicate.

During the session we explored how each person's perception of reality is different. I was helped by Jane and Stavros, to each of them I gave a kiss on the cheek and asked them to describe their experience in words. Jane said "Friendly", Stavros said "Tender." You might have expected the more emotional response from the female rather than the male. Their responses were different from a stereotypical expectation and from each other. There is a large variation in how people perceive the same external reality. And similarly, each person in the room, watching and listening, would also have had a different understanding of the words Jane and Stavros chose and the situation they witnessed.

To illustrate this, I said to Jane, "Look at the bricks, they are beautiful". I asked her what she understood from what I said and she answered, "that you appreciate the colours of the bricks." She made a slight interpretation that it was the colour of the bricks that I found beautiful. It is difficult for her to access my precise experience of the bricks when I use the word beautiful so she used her imagination and guessed what I might mean. For a more complicated example, I then asked Stavros to "Look at that pretty girl." Stavros struggled to express what he understood from that. None of the words is particularly ambiguous but Stavros was worried about saying that he understood me to imply that I was attracted to a girl. That is the problem with words and books on Taoism. They are the writer's interpretation of a feeling that he and nobody else has experienced. So when we read books about Taoism we may believe what the writer says but do we feel what they felt? We may do, if we see parallels with what we have

experienced ourselves. Then the writer's words, although ambiguous, signpost a feeling that we understand to be the same as our own and help us understand what is being written.

The meaning of words is given in terms of other words. How do we define strength? We have to measure it against weakness. Silence is a total absence of sound and grey a degree of mixture of black and white. When we start to express our experience in words we immediately start a process of measuring and judging the experience which breaks down our connection with the experience itself.

We might see a small animal in a friend's house. We immediately classify it as a dog or a cat, then possibly its breed (tabby or Siamese, terrier or Labrador). If we know the animal we may distinguish one individual from another even of the same breed. From the moment we saw the animal we have passed down a chain of progressively more refined judgments about what we see to come up with words, whether they be Rover or a Persian cat.

The Tao Te Ching opens with a discussion of this situation:

*"Tao called Tao is not Tao.
Names can last no lasting name.*

Nameless: the origin of heaven and earth Naming: the mother of ten thousand things. Empty of desire, perceive mystery.

Filled with desire, perceive manifestations. These have the same source but different names.

*Call them both deep –
Deep and again deep:
The gateway to all mystery."*

The process we have just described is *Naming: the mother of ten thousand things*. The personal experience of immediate reality is the *mystery* (referred to in lines 4 and 9) and it is that other aspect of experience which is sought by the Taoist to balance the fragmented perception created by language.

There are areas of our experience where we are accustomed to feel and live through without attempting to express it in language. We don't try to explain, even to ourselves, what it feels like to kiss our partner. If we sense our friend's pet is about to attack us, we will respond instinctively. Think of the times when you have come into a room and been aware of an atmosphere, or have met a friend and sensed that they are upset. We have an ability to sense certain things have happened even when we haven't witnessed them. At other times we are oblivious to other people's feelings; when our own focus is intent on something we become narrow-visioned. We are capable of both types of awareness.

How T'ai Chi may help

What I am saying is that since, words create an obstruction to our understanding of Taoism, it helps to learn about it by the experience of doing the Tai Chi. We can bypass words and find understanding through our experience of the movements.

Taoism is a way of living, not a religion. It is about everything and nothing. In the T'ai Chi you learn to see every component singly and then how to bring them together, seamlessly. In the same way you can simply observe the rain but also understand that after the rain the grass will grow. In both cases you have an understanding of how every inter-reaction works, both on its own but equally as an integral part of a larger whole. The integration of techniques in the T'ai Chi is a metaphor for the integration of everything in the universe.

Using T'ai Chi in this way can lead to a complex understanding of Taoism, behind the words – an understanding about a way of life, a feeling and the living of a truth.

One of the passages I always remember from Taoist writings is:

“ Each person must find in themselves their own truth, their own beauty and their own virtue. The salvation of the soul can neither be bought nor taught. We all undergo perpetual change and perpetual creation.”

It is because everyone must discover their own truth that after a certain amount of preparatory explanation, I stopped talking and we used partner work to explore just one of the Taoist concepts: wu wei. Here is another problem with language – the need for translation. Wu wei is a concept which occurs in all the Taoist texts relating to the quality of living within the Tao. It is generally translated as non-action, doing without doing or unforced action. Even beyond the problem with translation, it is difficult to comprehend the idea of doing something without an action.

T'ai Chi is not about strength, but you need muscles. We are familiar with the idea that the willow's flexibility makes it less easily broken than the strong oak, but the willow is well rooted and has a tensile strength or it would be torn or flattened like grass. We begin to see that even non-action has an action. This is an illustration of the idea that there is a Yin and a Yang aspect to everything.

The writings speak of the balance between action and non-action. The authors spoke from personal experience but their words can only be a signpost, they cannot explain precisely. And in reading them, you cannot work out intellectually where the balance should be.

This is where I find the T'ai Chi helpful. In our training we practise techniques and break them down into ever more refined components to help perfect them. The example we worked with during the session was the ward off. In putting together an effective ward off from the components (connection, squeeze, deflection, expression and control) you may gain an immediate physical experience of the way small parts integrate into a seamless whole. And when you perform a ward off correctly you personally experience wu wei, effortless action, and know (for that particular strike) where the balance is between strength (keeping your structure, alignment and nerve) and softness (yielding, turning and relaxing).

When you feel that, you may recognize what the Taoist writers mean by wu wei, but most importantly you will have found that truth for yourself as an experience - not simply words in a book.

This for me is the way the T'ai chi inter-relates with the Taoist philosophy. It is the way you can live what you read - the meditative way to find the truth in non- action, experiencing for yourself the moment when the small pieces come together into a seamless whole.

During the session I demonstrated various techniques where I was active and again where I didn't move but my partner experienced the same outcome. I didn't do this to imply that the experience we are discussing comes only with very high levels of expertise. These moments come to us all occasionally, beginner and advanced student alike. They are not exclusive to martial arts - a golfer will speak of his one perfect shot. All the senses come together in an instant and we don't know how. When it has happened we may chase the feeling but it won't happen again until it does. Wu wei is this unified action without intention.

The reason I gave these demonstrations was to illustrate the purity of the Arts. When I execute a ward- off people say I am a good martial artist. When someone is thrown off and I appear to do nothing they call me a magician or a mystic. There is no mystery; I was simply showing that the same thing can happen from either partner as long as the components are there. Over the past years there have been stories in the newsletter of things that Chee Soo and I have done, which imply that we have supernatural powers. This impression is misleading: everything I do is grounded in the same principles and develops out of the same techniques.

As was said in the quote I gave you earlier, we all go through perpetual change, perpetual creation. Nothing stays the same. Every day is different. So every time I touch my partner's arm there is a new action, a new reaction, always unique because something always changes. The similarity comes back to the principles that inform every action and every non-action.

Whether there is action or non-action we have to start with connection.

Tony Swanson

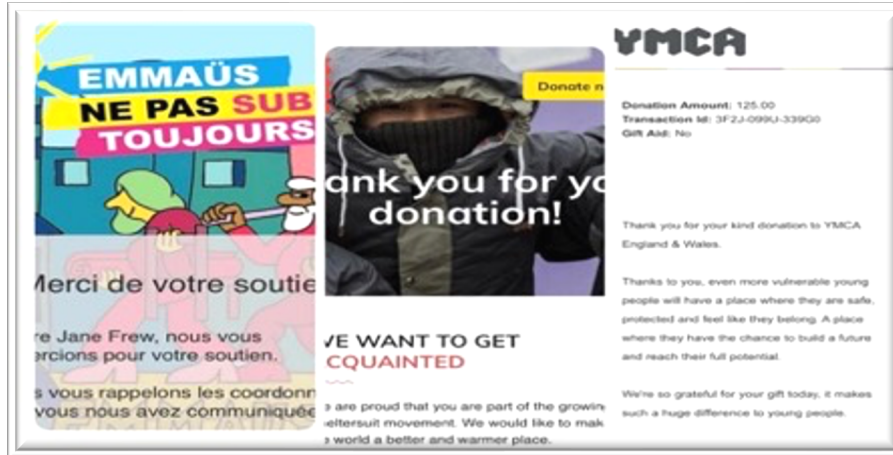
"You have to experience it yourself – take the next chance."

Ref: TAO Newsletter Sep 2009



TAO News

TAO Charitable work



Thanks to the generosity of TAO members, £325 was raised at the 2023 Residential Summer School social evening at Stowe!

This was divided between German, French and UK charities supporting homeless people: Sheltersuit in Germany; Emmaüs in France; and the YMCA in the UK.

Thank-you TAO!

Membership benefits, social media and member items

For news items including course announcements, and to access exclusive TAO member-only content to enhance your training in the Arts [log in to your TAO members' page here!](#) You can also **follow us, like and share** from our [TAO Facebook page](#) and [TAO Instagram](#) sites.

Email Notifications for TAO News:

If you are not already subscribed, **please subscribe to TAO email notifications**, so you don't miss out on all the News and updates from the TAO including about all our fantastic courses! You can do this by contacting your instructor or by clicking [here to email the TAO Secretary](#).

Membership Renewal:

Don't forget to **subscribe for automated annual membership renewal** on your [membership login page](#).

Instructors' Coaching Compliance Standards Requirements

Keep up to date with **mandatory requirements for national 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 certification
- Enhanced DBS clearance
- Martial arts First Aid Training
- Minimum BCCMA National Level 2 coaching qualification
- Relevant valid BCCMA insurance

Please log into the TAO website to check you are up to date.

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.

New Li-Family material

During the past year I have been overseeing Kathrin videoing and recording a variety of exercises that are not generally available in weekly classes or weekend courses. This has been for no other reason than we have a mountain of content within the system.

We decided that the information would be on video so that you can watch, follow and listen to the exercises. Kathrin has recorded and edited these very comprehensively and beautifully and they will be of benefit to students at all levels. The recordings include Kai Men using a stick in both standing and sitting positions.

Together with these, we have collected videos of various Li Family Forms which again will be useful for students at all levels.

In addition to these lovely new videos we will be offering a service to students who cannot attend London classes. You will be able to ask questions or receive feedback on self-tapes from Kathrin and/or me. Basically, you will send in what you need answered and we will send you back a videotaped answer.

I would recommend to all practitioners that you take advantage of these new opportunities to develop and enhance your knowledge and understanding of the Arts.

More details will be posted as the material is finalised and how you can access it. But keep a note of this website www.qibodywisdom.com.

Tony Swanson

TAO in Pictures 2023

TAO Spring School, Rüsselsheim, Germany – Tao Yin, Tai Chi, and Weapon Forms were displayed at the local Arts festival- May 2023



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TAO Tours, France –Tai Chi and Stick Form training 2023



Showcasing the TAO in 33°C heat at a summer festival in Tours 2023



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TAO Autumn Weekend Course, Bonn, Germany – November 2023



Selection of photos of TAO members - enjoying training and relaxation



Please visit our [facebook page by clicking here](#) to see more from the TAO, and to like and share.

Photos of people used in this Newsletter are from the TAO Facebook page where consent was given for their use in our public domain.

TAO Courses 2024

- ◆ UK Residential Easter and Summer School courses
 - ◆ Regional UK and Instructor Courses
 - ◆ Tui Na Massage Courses
- ◆ Weekend, Spring & Summer courses in France and Germany

We have yet another exciting year ahead full of a wide range of courses for you to attend across the UK, France and Germany !

Please book early to secure your place!

For up to date course information, please visit the [TAO website course list page](#), [TAO Facebook page](#) and [TAO Instagram](#).

You can download the **TAO Course Google calendar** by following the links and instructions when logged into your membership home page www.taoistarts.org/tao-google-calendar/

UK Residential Courses 2024

SAVE THE DATES!

- ◆ **Easter Course Booking is open!** Fri 5th - Sun 7th April 2024 - [see form later](#)
- ◆ **Summer Course booking opens soon!** Sun 21st – Thurs 25th July 2024

Fantastic news! We are back at Stowe School for both Easter and Summer Schools in 2024 after the resounding success of Summer School 2023 at Stowe.

Stowe School, Stowe, Buckinghamshire, MK18 5EH, UK





Click link below to play the Stowe House video
<https://youtu.be/gDiQwyhHy3o>

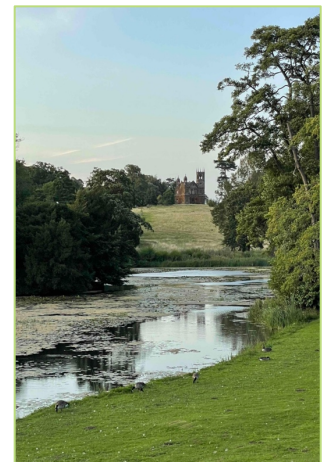
Historic Stowe House, a Grade I listed building, with magnificent state rooms and stunning views to National Trust Gardens will be our base for dining, rest and recreation. We will have access to all the state rooms and hold our Summer social evening in one of them!

What better setting for us to be together for our amazing Residential Courses, taught by our incredible Technical Director, Master Tony Swanson!

Daily training takes place in the Sports Hall set in the tranquil and peaceful school grounds. Our residential courses are enjoyable, enriching and comprehensive, covering a variety of skills and disciplines of our system in a friendly and welcoming environment. All to help take your training and experience to the next level.

Accommodation is on the school grounds, a short stroll from the dining hall, communal areas, and training hall. Both courses are fully catered with three cooked meals per day and catering for those with special dietary requirements. Refreshments are served at tea breaks.

Stowe, the grounds - pictures from 2023





Easter School 2024

@Stowe School

SAVE THE DATE!

Dates: Friday 5th – Sunday 7th April 2024

Booking has opened!

Limited places remaining!

Deposits required by 16th February 2024

Booking form on next 2 pages!

Please note this is the weekend after the Easter Bank Holiday.

At Easter school 2024, you will have the added benefit of en-suite facilities for every bedroom and fees still remaining low.

Summer School 2024

@Stowe School

SAVE THE DATE!

Dates: Arrive Saturday 20th July

Course: Sunday 21st July – Thursday 25th July 2024

Booking opening soon!

2024 EASTER COURSE DETAILS

Please note the course is the weekend
after the Easter Bank Holiday

Venue	Stowe School, Stowe, Buckingham, MK18 5EH
Date	Friday 5 April to Sunday 7 April 2024 (Starting at 10.00 on Friday)
Course Instructor	Tony Swanson, Taoist Arts Organisation, Technical Director
Training	£135 Training Fee payable on arrival at Stowe or beforehand by BACS.
Full Board and En-suite Accommodation (Stowe School)	<p>£180 is non-refundable and will be your Booking deposit required to secure your place on the course.</p> <p>The deposit needs to be paid by 16 February 2024.</p> <p>For those arriving on Thursday, 4 April there will be a further £65 to be paid by 16 February 2024 for board and en-suite accommodation.</p>
<p>Booking Forms (UK, France and Germany):</p> <p>Please everyone send completed booking form (by email) to Shaun Cahill.</p> <p>Deposit to be paid to: Marie Hartshorn in the UK, Anita Mallock-Groh in Germany or Christine Euler in France.</p> <p>There is a limit of 60 places available.</p>	
<p>The closing date for bookings is FRIDAY, 16 FEBRUARY 2024.</p> <p>Due to Stowe School stipulations it is highly unlikely that late bookings will be accepted.</p>	
<p>For further information: Please contact Shaun Cahill as soon as possible</p>	
<p>Course Organiser: Shaun Cahill Email : secretary@taoistarts.org Mobile: 07773 428578</p>	

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2024 EASTER COURSE BOOKING FORM

**Please note the course is the weekend
after the Easter Bank Holiday**

Please reserve me a place on the Taoist Arts Organisation 2024 Easter Course.

I enclose my payment of **£180** and I understand this to be a non-returnable deposit for board and en-suite accommodation. **Those staying on Thursday night will need to pay a further £65 for board and en-suite accommodation by 16 February.** The Training Fee of £135 will be payable in cash/card/cheque on arrival at the course or beforehand by BACS.

For those wishing to pay by bank transfer the details are as follows:

Bank: NatWest
Account: Taoist Arts Organisation
Account Number: 27712761
Branch Sort Code: 60-19-19
BIC: NWBK GB 2L
IBAN: GB31 NWBK 6019 1927 7127 61

Please put your **surname, initial** and **EST** as a reference e.g. **SmithAEST**.

**I understand it is my responsibility to ensure that my membership and insurance is up to date
before participating in training.**

Name:

T.A.O. Membership No :

FULL Address:

E- mail Address:

I require a single room

<i>Dietary Preferences</i>	<i>Normal</i>	<i>Vegetarian</i>	<i>Other (please specify)</i>
Breakfast			
Lunch and Dinner			

Please tick if you are also attending Follow-on Tui Na Course at Stowe

☐

Please tick if you require Bed and Breakfast on the night of Thursday, 4 April 2024

☐

Please tick if you will be arriving in time for dinner on Thursday, 4 April 2024

☐

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TAO 2024 Course Calendar

Please [click here](#) to view courses and download the Calendar pdf. Check the website for course contacts, pricing, and up to date information. Google calendar in members' section.

January	February	March	April	May	June	July	August	September	October	November	December
1 Mo New Year's Day	1 Th	1 Fr	1 Mo Easter Monday	1 We	1 Sa	1 Mo	1 Th	1 Su	1 Tu	1 Fr BONN	1 Su
2 Tu	2 Fr Teachers GERMANY	2 Sa	2 Tu Arrive	2 Th	2 Su	2 Tu	2 Fr	2 Mo	2 We	2 Sa BONN	2 Mo
3 We	3 Sa CHI SHU	3 Su	3 We TUI NA	3 Fr	3 Mo	3 We	3 Sa	3 Tu	3 Th GERMANY	3 Su BONN	3 Tu
4 Th	4 Su GERMANY	4 Mo	4 Th TUI NA	4 Sa	4 Tu	4 Th	4 Su	4 We	4 Fr TUI NA	4 Mo	4 We
5 Fr	5 Mo	5 Tu	5 Fr EASTER	5 Su	5 We	5 Fr	5 Mo	5 Th	5 Sa TUI NA	5 Tu	5 Th
6 Sa	6 Tu	6 We	6 Sa SCHOOL	6 Mo Early May Bank Hol.	6 Th	6 Sa	6 Tu	6 Fr	6 Su TUI NA	6 We	6 Fr
7 Su	7 We	7 Th	7 Su STOWE	7 Tu	7 Fr	7 Su	7 We	7 Sa	7 Mo	7 Th	7 Sa TWYFORD
8 Mo	8 Th	8 Fr	8 Mo	8 We Teachers GERMANY	8 Sa	8 Mo	8 Th	8 Su	8 Tu	8 Fr	8 Su TWYFORD
9 Tu	9 Fr	9 Sa TWYFORD	9 Tu	9 Th SPRING	9 Su	9 Tu	9 Fr	9 Mo	9 We	9 Sa	9 Mo
10 We	10 Sa	10 Su TWYFORD	10 We	10 Fr COURSE	10 Mo	10 We	10 Sa	10 Tu	10 Th	10 Su	10 Tu
11 Th	11 Su	11 Mo	11 Th	11 Sa SPRING	11 Tu	11 Th	11 Su	11 We	11 Fr	11 Mo	11 We
12 Fr Arrive FRANCE	12 Mo	12 Tu WELSH	12 Fr	12 Su COURSE	12 We	12 Fr	12 Mo	12 Th	12 Sa TWYFORD	12 Tu	12 Th
13 Sa FRANCE	13 Tu	13 We TUI	13 Sa	13 Mo	13 Th	13 Sa	13 Tu	13 Fr	13 Su TWYFORD	13 We	13 Fr
14 Su FRANCE	14 We	14 Th NA	14 Su	14 Tu	14 Fr	14 Su	14 We	14 Sa	14 Mo	14 Th	14 Sa
15 Mo	15 Th	15 Fr COURSE	15 Mo	15 We	15 Sa	15 Mo	15 Th	15 Su	15 Tu	15 Fr	15 Su
16 Tu	16 Fr	16 Sa WELSH REGIONAL	16 Tu	16 Th	16 Su	16 Tu	16 Fr	16 Mo	16 We	16 Sa	16 Mo
17 We	17 Sa	17 Su COURSE	17 We	17 Fr Arrive FRANCE	17 Mo	17 We	17 Sa	17 Tu	17 Th WELSH	17 Su	17 Tu
18 Th	18 Su	18 Mo	18 Th	18 Sa FRANCE	18 Tu	18 Th	18 Su	18 We	18 Fr TUI	18 Mo	18 We
19 Fr	19 Mo	19 Tu	19 Fr Teachers BONN	19 Su FRANCE	19 We	19 Fr	19 Mo	19 Th	19 Sa NA	19 Tu	19 Th
20 Sa	20 Tu	20 We	20 Sa BONN	20 Mo FRANCE	20 Th	20 Sa Arrive	20 Tu	20 Fr	20 Su TBC	20 We	20 Fr
21 Su	21 We	21 Th	21 Su BONN	21 Tu	21 Fr	21 Su SUMMER	21 We	21 Sa TWYFORD	21 Mo	21 Th	21 Sa
22 Mo	22 Th GERMANY	22 Fr	22 Mo	22 We	22 Sa TWYFORD	22 Mo SCHOOL	22 Th	22 Su TWYFORD	22 Tu	22 Fr	22 Su
23 Tu	23 Fr TUI NA	23 Sa	23 Tu	23 Th	23 Su TWYFORD	23 Tu SUMMER	23 Fr	23 Mo	23 We	23 Sa	23 Mo
24 We	24 Sa TUI NA	24 Su	24 We	24 Fr	24 Mo	24 We SCHOOL	24 Sa	24 Tu	24 Th	24 Su	24 Tu
25 Th	25 Su TUI NA	25 Mo	25 Th	25 Sa	25 Tu	25 Th STOWE	25 Su	25 We	25 Fr	25 Mo	25 We Christmas Day
26 Fr	26 Mo	26 Tu	26 Fr	26 Su	26 We	26 Fr TUI NA	26 Mo Bank Hol.	26 Th	26 Sa	26 Tu	26 Th Boxing Day
27 Sa TWYFORD	27 Tu	27 We	27 Sa	27 Mo Spring Bankhol.	27 Th	27 Sa TUI NA	27 Tu	27 Fr	27 Su	27 We	27 Fr
28 Su TWYFORD	28 We	28 Th	28 Su	28 Tu	28 Fr	28 Su TUI NA	28 We	28 Sa	28 Mo	28 Th	28 Sa
29 Mo	29 Th	29 Fr Good Friday	29 Mo	29 We	29 Sa	29 Mo STOWE	29 Th	29 Su	29 Tu	29 Fr	29 Su
30 Tu		30 Sa	30 Tu	30 Th	30 Su	30 Tu	30 Fr	30 Mo	30 We	30 Sa	30 Mo
31 We		31 Su		31 Fr		31 We	31 Sa		31 Th BONN PM		31 Tu

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TAO NEWSLETTER JANUARY 2024

Thank-you to everyone for your contributions to this Newsletter!

For the next Newsletter, please send in your articles, news, poems, art, stories and other contributions to the Editor, Renée Pryce, at moonwillow75@gmail.com

We would love to hear from you.

Taoist Arts Organisation