



Agar-Hutton Tai Chi Academy

Newsletter 16

NEWS

LATE - This month's newsletter is being sent out later than usual. My apologies, and I'll try to get future issues out earlier. It's just that I have been very busy with a number of things that have been, and still are, quite time intensive.

UPDATES - The membership program has a new course. It's on the Chen Tai Chi style 11 Move Form. There are a couple of lessons there, with more to come. If you are a member please have a go. If not and you would like to join, go to <https://www.taichitraining.pro>

STUDIO CHANGES - I've made some changes to the studio. The layout has changed a bit. Lee and I have put a carpet down, and I've added some decorative features to make the studio more visually interesting and less utilitarian.

PRIVATE SESSIONS - A student was talking to me recently about private sessions and I realised that, just like them, you may not know about the different options...

Firstly, if you visit the studio here in Rushden - sessions are 45 minutes £40; 1 hour £50; 2 hours £80, and if a partner or friend comes with you to train there is NO additional fee.

Next, live Zoom sessions, they can be provided to anyone, anywhere, and the costs are 15 minutes £20; 30 minutes £30; 1 hour £50, and as long as you are in the same location (so just a single Zoom login) anyone else in the room with you can also train. If you want to book a session online, then go to: <https://www.ahtca.co.uk/privatesessions.html> but it is best to call me on +44 (0) 7771 333 369

YOUTUBE - I have been busy on YouTube, with some new content and adjustments to some of the existing content - please have a look at my YouTube videos at <https://ahtca.co.uk/info/m>

THE MEMBERSHIP PROGRAM

I am not sure why but about 70% of the members of our online program are either very sporadic in their use of the online training courses or simply don't use them at all. Yes, some do use the program a lot but I worry about those who waste it's potential benefits.

Now you might wonder why I am mentioning this because surely, ("Don't call me Shirley" - old joke but a good one.) some people will read this and think - Oh that's right, I don't use the program, I'll cancel it right away - and obviously if people do that, then I don't get their subscriptions any more.

Because the monthly running costs of the program are quite high, there is a point at which if I didn't have enough members I would have to close the program down, however hopefully that won't happen. But, I think I need to explain why I run the program and why I worry that so many members do not use it regularly (that's at least a few times a week).

You see Tai Chi is GOOD FOR YOU - it helps to keep you well, both physically and mentally, and I think I should spread the word as much as possible.

So if you are a member, start to use it more often, remember all the courses are available to you 24 hours a day. Also, if you are not sure which aspects you should focus on, then drop me an email and we can discuss a protocol that will fit your needs and your schedule. And, if you would like a critique of anything you are doing you can send me a video clip and I will look at it and try and help you.

If you are not currently a member then why not give it a go, drop me an email to my personal email address of robert@winghigh.co.uk and let's discuss the ways in which the program can benefit you.



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KATHIE'S QUESTION - Cont.

So last month I ended by saying "However it is definitely the case that the calmness that Tai Chi can bring can certainly be used as a tool for examining our more deeply held beliefs."

Let's follow on from there, if you are a Christian, Muslim, Hindu, Jew, Buddhist, Taoist, Humanist, a member of some other religion or spiritual group, or simply have your own personal beliefs and understanding of life and the nature of being, then Tai Chi can be a very useful tool.

You see almost all systems of belief have at least a nodding acquaintance with the idea of meditation and Tai Chi when done with that as the intent, can be a very deep method of meditation indeed.

Practicing Tai Chi allows you to get deeply in tune with yourself and also with aspects of the thing we consider as existence.

- Is it easy to do? No.
- Is it require or demanded in the study of Tai Chi? No.
- Is it worthwhile? That depends on your personal goals.

I don't teach Tai Chi as a metaphysical practice and neither do I use Tai Chi personally as a way to interact with my spirituality in any methodically planned sense. However my belief, and there is NO WAY that I want you to do anything more than just be aware of what I am saying as I am NOT a prophet or minister. So I'm definitely not saying that

my beliefs should be yours.

However, my belief is that everything I do is part of what I would call my 'domain', that is my total knowledge, and actions, and intuitions, which, for good or bad, make me who I am and control the way I interact with people and the World. So, thus it must be that my personal practice of Tai Chi actually is part of my spirituality because (for me) everything, every part, is part of the whole.

Now, I am aware that hat I have just been writing about is not what I consider the normal type of content for this newsletter and I will return to things more directly and obviously connected or considered as Tai Chi next issue. But if you do want to discuss how you can apply Tai Chi so as to reach deeper states of meditation then please contact me. Email or in person is best, telepathy's pretty hit and miss :) :)

I think to conclude, I'll just emphasise the benefits of Tai Chi, they can include - depending on your interests and your practice:

Being calmer; more self-aware; more 'centered'; more flexible (both physically and mentally); optimising health; maintaining (or improving) balance; developing self defence skills; improving reaction time; improving interpersonal skills (being calmer and centered allow difficult situations to be dealt with better)... and much much more.

Until next time - have fun, stay well - keep on living the Tai Chi life.

www.ahtca.co.uk

Thank you for being part of our Tai Chi 'family' and remember that Tai Chi is the best gift that you can give both to yourself and to others you care about. So please share this newsletter.