



# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

~ Lao-tzu

October, 2014

LakeNormanTaiChi.com

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## Message From Sifu

### Qi Gong: More Than Just Moving and Breathing

Our Tai Chi Qigong classes offer a good mix of Qigong exercises and movements with some meditation, conditioning, and sequences from our Tai Chi Chuan forms. Even though these movements are simple and easy to learn, mastering them takes time. Practicing these movements for the remainder of your life will improve your health and well-being and reveal to you much about your body and how you move.

Even so, Qigong is much more than just movement and stillness. Like Tai Chi Chuan, it enjoys a deep history from a wide range of disciplines. And like anything else we practice in the Arts, once we learn a little, we want to learn as much as we can. And Qigong is no different. To learn more, you need to go deep with your Qigong practice.

When diving into Qigong, the first thing you realize is that there is more than one type of Qigong. In his book, Qigong Empowerment, Master Liang list five types of Qigong:

**Medical Qigong** - Techniques for health, healing, and illness prevention. Including relaxation techniques, Qi Permeating Technique, Health Maintenance Qigong, healing sounds, and suggested self-healing practices for specific illnesses.

**Taoist Qigong** - Methods to further strengthen the body and attain longevity. With training concepts for health, longevity, and spiritual development including fundamental and supplemental techniques of Qi circulation

**Buddhist Qigong** - Methods for health and developing an extraordinary potential, focusing on Tantric Buddhist Qigong methods. Including basics for sitting meditation and the cultivation of the Three Esoterics: Body, Speech, and Mind.

**Wushu (Martial) Qigong** - Qigong Training methods specifically designed for Martial Artists and other athletes to strengthen their body and mind. Methods include intensive Iron Shirt Qigong, Yi Jin Jing, Ba Duan Jin, Push The Mountain Move The Sea, and other Qigong forms that we practice in class.

**Energy Cultivation Qigong** - Methods for absorbing Qi from nature and emitting Qi, and exercises to develop your healing potential. Including techniques to ward off negative energies.

Each one of these could take a lifetime to master, but knowing what each one does can deepen the knowledge of what we practice in class.

There are various methods of learning about these other types of Qigong including

### In This Issue

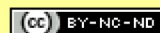
[Message From Sifu](#)

[Celebrations](#)

[Tai Chi in the News](#)

[Training Tip](#)

[Ask Sifu](#)



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videos and books. I see videos as a way to supplement your training of a form you've already learned. Everyone has a different learning style, but I have difficulty learning from a video of I haven't experienced the movements first. Watching a video doesn't give you the in depth explanation of the movements.

## **Books**

The written word on the other hand can give a very detailed account of each movement in addition to the principles and philosophies behind the movements. I can recommend three books that do just that. The links are Amazon affiliate links and Lake Norman Tai Chi Center receives a small percentage of the sale.

[Qigong Empowerment by Master Shou-Yu Liang and Wen-Ching Wu](#)

[The Way of Qigong by Kenneth S. Cohen](#)

[The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment by Dr. Yang Jwing-Ming](#)

## **Workshops**

There are many places around the country and around the world that host Qigong Workshops. There is a place near Asheville that host workshops throughout the year on Qigong and the healing arts.

On Thursday November 18, Master Sbarge will be hosting the Essentials of Medical Qigong Workshop from 6:30 PM to 9:30 PM.

At this workshop you'll learn detailed qigong exercises and meditations to strengthen and heal the heart, lungs, liver, kidneys and spleen. You'll also better understand the importance of yin-yang and five-element theories in Chinese medicine and health practices, including how emotions, foods, seasons and more impact your health and well being.

This workshop is one in a series of four fundraising workshops to help provide funds for qualified Leadership and Mastery students at The Peaceful Dragon in need of scholarship assistance. The suggested donation for this fundraiser event is just \$29, but you can pay more or less as you wish based on your personal budget.

Although practicing and doing your Qigong on a daily basis will benefit you more, reading a book or two and attending a workshop here and there can only enhance your knowledge.



## Welcome New Students

It's always a pleasure to welcome new students into our family. Please welcome these new students who joined recently. If you haven't already, say hello.

***Tai Chi Qigong Program***

DJ Tinkkeller





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## Upcoming Events

### ***Mountain Tai Chi and Pakua Retreat with Master Eric Sbarge***

**Friday – Sunday, Oct 17-19**

Relax and rejuvenate yourself while enjoying intensive instruction and practice in the Chinese arts of tai chi and pakua, complemented with sessions of qigong, Zen meditation and yoga.

Led by Master Eric Sbarge, director and head instructor of The Peaceful Dragon in Charlotte, NC, the retreat will be held at the beautiful YMCA Blue Ridge Assembly in Black Mountain, NC, just 10 minutes from Asheville.

Suited for beginners or advanced practitioners, from teens to senior citizens, the retreat includes comfortable lodging, meals, plus free time on Saturday evening to explore downtown Asheville or simply relax on your own in the wooded mountains.

<http://www.thepeacefuldragon.com/specialevents.shtml#mountain>

### ***Essentials of Medical Qigong***

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## In Other News

### ***Climate Change Hits Community Yoga!***

While it may not affect everyone on the planet, the landlords of the building have moved the thermostat out of Community Yoga and into the hallway. The HVAC system covers Community Yoga and the office space across the hall which created cold temperatures in one room and warmer temperatures in the other.

As a result of the thermostat being moved, it has also been locked and no tenant has the key. This means that there is no way to control the temperature inside the Studio. Amy is in the process of buying portable heaters for the studio on the chance it gets too cold.

As the temperature outside cools, I will make every effort to get to the Kwoon early and run the heaters if necessary. Life happens and I may not be able to every time. I would suggest that everyone bring a light sweater with them to class. That way, you can remove it when the room or your body gets warmed up.

I apologize for any inconvenience this may cause.

### ***Need Some Extra Motivation This Month?***

I'd like to share with you a resource I use on a daily basis for help, inspiration, and motivation. It's an audio program called The Daily Boost with host Scott Smith. I have been listening to this program since it's inception in 2004. I gain insights about myself and the world around me. It keeps me motivated through the day to do my best. I've even "borrowed" a few of his



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topics for articles that I've written. I can't speak highly enough about Scott. If you enjoy the likes of Earl Nightingale, Zig Ziglar, and Tony Robbins, then you'll enjoy Scott Smith.

This program is a monthly subscription service that I gladly pay for. But, every Monday, Scott publishes a new Daily Boost on iTunes for free. And, for the month of October, Scott is offering this program absolutely free every day through iTunes. Here is the iTunes link: <https://itunes.apple.com/us/podcast/daily-boost-daily-motivation/id207251905>. Download and enjoy.

## Celebrations

### October Holidays and Observances

Apple Month  
Breast Cancer Awareness Month  
Caffeine Addiction Recovery Month  
Eat Better, Eat Together Month  
Emotional Wellness Month  
Employee Ownership Month  
Month of Free Thought  
National Bake and Decorate Month  
National Book Month  
National Caramel Month  
National Chili Month  
National Chiropractic Health Month  
National Cookbook Month  
Pizza Month  
Polish American Heritage Month  
Positive Attitude Month  
Self-Promotion Month  
Spinach Lovers Month  
Vegetarian Month

Great American Beer Festival: 2-4  
National Storytelling Weekend: 3-5  
Fall Astronomy Week: 4-11

World Space Week: 4-10  
Great Books Week: 5-11  
National Work From Home Week: 5-11  
Customer Service Week: 6-10  
Kids' Goal Setting Week: 6-10  
National Food Bank Week: 12-18  
National Save For Retirement Week: 19-25

World Vegetarian Day: 1  
National Day (China): 1  
Double Ninth Festival (China): 2  
World Smile Day: 3  
Improve Your Office Day: 4  
Kanelbullens Dag (Cinnamon Roll Day): 4  
National Bring Your Teddy Bear To Work & School Day: 8  
National Pierogi Day: 8  
World Porridge Day: 10  
National Cake Decorating Day: 15  
National Pasta Day: 17  
National Chocolate Cupcake Day: 18  
Lake Norman Tai Chi Center Anniversary: 19  
National Nut Day: 22  
National Chocolates Day: 28

## Tai Chi in the News

From *Supreme Chi Living* the newsletter of the American Tai Chi and Qigong Association

### Tai Chi Beneficial for Multiple Sclerosis Patients on Balance, Coordination, Fatigue and Depression

**September 15, 2014** - Patients suffering from Multiple Sclerosis (MS) experience a wide array of symptoms, including balance problems, mobility impairment, fatigue and depression. Physical exercise has recently been acknowledged as a treatment option complementary to medication. However, information regarding putative effects of structured exercise programs on neurological symptoms is sparse.

Tai Chi, a Chinese martial art incorporating physical exercise and mindfulness training, has been shown to yield health benefits in various neurological groups. It seems particularly suitable for patients with motoric deficits as it challenges coordination and balance. A recent study, reported by the journal BMC neurology in August 2014, was to explore the therapeutic value of structured Tai Chi training for coordination, balance, fatigue and depression in mildly disabled MS



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patients.

A sample of 32 MS patients was examined. A structured Tai Chi course was devised and a Tai Chi group participated in two weekly sessions of 90 minutes duration for six months, while a comparison group received treatment as usual (TAU). Both groups were examined prior to and following the six-months interval with regards to balance and coordination performance as well as measures of fatigue, depression and life satisfaction.

Following the intervention, the Tai Chi group showed significant, consistent improvements in balance, coordination, and depression, relative to the TAU group. Additionally, life satisfaction improved. Fatigue deteriorated in the comparison group, whereas it remained relatively stable in the Tai Chi group.

The consistent pattern of results confirms that Tai Chi holds therapeutic potential for MS patients. Further research is needed to determine underlying working mechanisms, and to verify the results in a larger sample and different MS subgroups.

## Training Tip

### Relieving Shoulder and Neck Tension

For those of us Desk Jockeys who spend many an hour in front of a keyboard, it is not uncommon for some tension to creep in to the shoulders and neck. Any tension in these areas can result in a reduced flow of qi and blood into the head, which could cause headaches, migraines, and brain fog.

Movement is the key to avoid this. Get up from your desk every hour. Walk around the office. Do neck and shoulder rolls. Stretches, especially in the arms, shoulders, and upper back area. Qigong, breathing, and quiet contemplation can also be helpful.

If you find your shoulders are tight and achy when you get to class, try some of these during the day to get the kinks out.

## Ask Sifu

### Should I practice my Tai Chi with a cold?

In most cases, yes. Tai Chi and Qigong can help you get through your illness and recover faster. Movement gets the fluids circulating and warms the body to help fight off any infection, and deep breathing can help clear the lungs of any congestion.

Always listen to your body. If you are tired, have a fever, or have flu-like symptoms, then bed rest is advised. If symptoms are severe or last for more than a few days, then consult with a physician.



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## Classifieds



Need an extra class t-shirt?

How about a pair of Tai Chi pants?

No problem! Shirts, pants and sashes are always available.

**T-Shirt \$15**

**Pants \$35**

**Sash \$10**

20% discount for Tai Chi Chuan students - 10% discount for Tai Chi Qigong students

custom luxury menswear without breaking the bank

**J. HILBURN**

704.400.8179

**B. Dale Saufley**

Independent Style Consultant  
Dale.Saufley@JHilburnpartner.com

Have something to sell or trade? Have a service you'd like everyone to know about? Advertise it here! Lake Norman Tai Chi Center members get an incredible discount. Send your ad to [contact@lakenormantaichi.com](mailto:contact@lakenormantaichi.com) and put **Newsletter Ad** in the subject.

*"Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."*

*~ Lao Tzu*

