

Celebrate 6 yrs in Cape Breton with our Spring Workshops: Tai Chi and You! April 1-9

We are very excited to announce the arrival of Doug Waines of Wine Country Tai Chi in West Kelowna to once again be our guest for a whole week of Tai Chi learning. Doug has over two decades of Moy Tai Chi experience working with several of Master Moy’s main students. This includes Doug Nettleton, Boon Loh, Ben Chung and many more. He will be sharing his experience and expertise with the 108 Moves, Loh Kup (Part 1 and 2), and the Sabre Set. Doug will be travelling to us and volunteering his time throughout his stay. Here is where you can cross paths with him:

Sat, April 1 Port Hawkesbury Civic Center 12-4 pm Loh Kup Part 1

Mon, April 3 Belle Cote Community Hall 10 – 2 pm Sabre and 108

Tues, April 4 Judique Community Center 6 – 9 pm 108 moves\*

Thurs, April 6 St Joseph’s Renewal Center, Mabou 6 - 9 pm Sabre and 108

Fri, April 7 Belle Cote Community Hall 10:00 – 12:15 pm Loh Kup Part 1

Sat, April 8 Port Hawkesbury Civic Center 12 - 4 pm 108, Loh Kup Part 1 and first half of Part 2

Sun April 9 Belle Cote Community Hall 12 - 5 pm Loh Kup Part 2

Mon April 10 Belle Cote Community Hall 10-12 pm Practice and Lunch at Dancing Goat

Tues, April 11 Judique Community Center 6 - 9 pm Sabre and Loh Kup

As Doug will be a part of our regular class time, as well as workshop times\*, it is a challenge to set a price for this opportunity. As he will not be charging for his time, we need to cover the expenses of the week: travel, insurance, some hall rentals, banquet dinner meal, t-shirt and thank you gift. I would like to recommend that we do this by donation for the experience. As a suggestion – if you plan to take the workshops and regular class - $50 for the week, or $20 for a portion of the week, or whatever you choose. I thank you in advance for your support of this special opportunity.

Continue below for more details:

Sabre Set: This special set designed by Master Moy and following the teaching he received in China, has similar motions to regular Tai Chi, but the addition of a Sabre to hold in the hands and swing through the air. The set is quite short, and takes about 6-8 minutes to complete. For those learning this set, we are working on getting some Sabre’s made to enhance our experience. I will also have metre sticks available for those without a Sabre. It is great fun to see how this set can enhance your 108 moves by creating a flow and smoothness to the movements. All levels are welcome to learn this, and we will add practice times in to our classes for keeping this set going! If you think you will never remember all the moves, we will work together to keep it going. This will be a new set for me as well as I have not had the opportunity of learning it before, just giving it a try – and I love the feel of it!

Loh Kup Set – Part 1 and 2: Doug will be sharing his expertise with the first half of this set for fine tuning, and introduce us to the second half of the set. In total there are about 57 moves. The Loh Kup set is able to reach deeper into the tissue than the regular Tai Chi moves. By moving a finger, or extending with a little different position, there is more internal rotation and a massaging to the organs that we don’t receive through regular Tai Chi. Some of the moves are similar and some are just slightly different. It has a beautiful flow to it, and some of the movements are just plain fun to do.

108 moves: There are many ways to do the different steps, and each technique has a different impact on the body. Doug will be able to share his specific teachings from many years with different instructors. This is a good opportunity to work on specific moves slowly and deliberately, as well as linking up connector steps. All levels are welcome.

Both our spring and fall workshops last year were huge successes in attendance and in learning. With the addition of the Set 2 for Loh Kup, we have some incredible expertise coming our way. One of the greatest achievements with the fall workshop was solidifying the steps we had learnt in the spring and having lots of time to do Tai Chi to get the body moving and going forward in a new and permanent way. This workshop will take us beyond where we have been before!!!

**Saturday night dinner**: A tradition at workshops is a banquet dinner during the event. We will be sharing Saturday night at the Barykin Bistro in Port Hawkesbury at 5:30. Significant others are welcome to join us. We will reserve our seats ahead of time as the restaurant is small. We can order off the regular menu which includes organic and gluten free choices. You can let me know your intentions and your seat will be reserved. This will be for both weekends.