



Training thousands to improve the health of millions.

5th Saturday on the Cloud

COMMUNITY PRACTICE GROUPS: STARTING & SUSTAINING

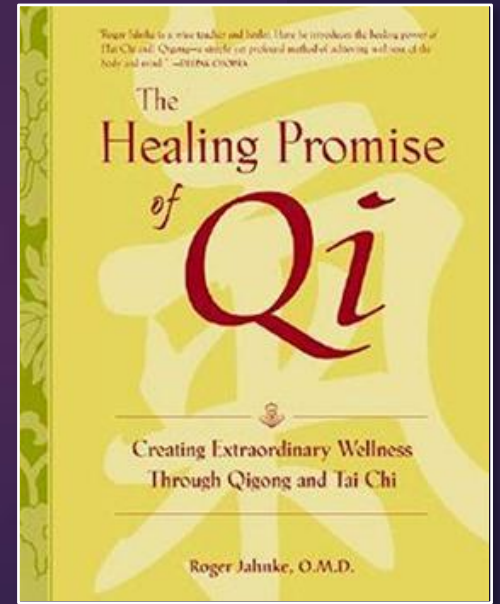
**WITH SPECIAL GUESTS ERIN REAS, IIQTC TEACHER &
DALE ALLEN, TAI CHI EASY™ PRACTICE LEADER**

MARCH 30, 2019

Welcome!

“Conscious evolution is certainly desirable; it may even be necessary for long-term survival of human life...purposeful evolution of individuals and groups is neither impossible nor costly, particularly with the widespread use of simple yet powerful personal improvement and health-enhancement technologies like Qigong and Tai Chi.”

-Dr. Roger Jahnke, O.M.D.





Let's Practice!

Knoxville, TN. Tai Chi and Qigong Practice Group



Started in 2018!

Dearborn, MI. Tai Chi Easy™ Practice Group



Started in 2009!

Getting Started: Start Where You Are



Community Practice Groups

3 Key Things to Know



- ▶ Personal Mission or Ministry
- ▶ Start Where You Are & Evolve
- ▶ Be Warm & Welcoming
(More Important than Skill)

Audience



- ▶ Select Your Target Audience
- ▶ Know What They Want/Need
- ▶ *Close is Good Enough*; Make it Simple and FUN for them!

Growing Relationships



- ▶ Libraries, YMCA, Medical Centers
- ▶ Yoga Studios, Body Recall
- ▶ Churches, Community Centers
- ▶ Retirement Communities & Assisted Living Facilities

Add a Bit of “Splash”!!



Ring a Gong to Begin Class
“One Minute to Meditate”



Dr. Chuen Shiong (Charles) Wu
Reading Chinese Poetry in English



Demonstrate “Dead Bug Dance”
to do in bed to circulate Qi



Posting Pictorial Displays
from Local Chinese Festivals



Occasionally Serving Chinese
Sweet Treats & Tea



Chinese Balloons Hanging for
Participants Visual Meditation Aid

Anything that Creates a Positive Image
and Draws the Mind to
Working and Playing with Qi!

TaiChi *Easy*™

HEALTH • VITALITY • INNER PEACE



April 27, 2019

A global health education resource



World Tai Chi & Qigong Day



One World ... One Breath

How To Advertise

- ▶ Posters & Business Cards
- ▶ Websites, Facebook & eNewsletters
- ▶ Medical Offices
- ▶ “Word of Mouth” from Current Participants

Buckingham Tai Chi Easy™ Newsletter

March 1, 2019
Issue: 2019-3

Buckingham Kwoon March -April 2019 Program Schedule

Our regular twice per week classes meet on Tuesdays & Thursdays (AM at 9:30-10:30 and PM 4:30-5:30).

Participants may elect to attend any class that best fits their schedule on any given day.

We are flexible!

We operate on a nominal 4-month rotation. The current series will complete April 18, and we will commence our next series.

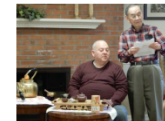
We anticipate conducting continuing classes as well as commencing a new beginner's class after the current series completes.

Additional information and an introductory briefing may be arranged by contacting Dale (TCE™ Practice Leader) at tdaleallen@att.net or telephone 865-696-2236.

Visitors are always welcome to observe or participate in any of our classes.

What Comes Next?

At our tea ceremony at Buckingham on February 5th (Chinese New Year) we used A-Li-Son Oolong Tea imported from Taiwan. We also had a wide variety of Chinese teas and sweets for guests at the ceremony. We were gratified that about 25 guests attended the ceremony where we honored two of our oldest Tai Chi Easy™ participants. Dr. Charles Wu and his wife Lily assisted Dale in serving guests, conducting the ceremony, and explaining nuances of the equipment, tea, and ceremony to all who attended. That event witnessed our Tai Chi progress to date!



Dr. Chuen Shiong (Charles) Wu translating Chinese to English, & reading traditional poem carved on Tea Ceremony Tray

Dale serves our two oldest Tai Chi Easy™ participants, Virginia Kasper and Jim Boehm, in respect for their faithful attendance, community involvement, and obvious vitality.



Lily Wu serves tea and Chinese Sweets along with her infectious smile and loving grace.



The 30+ members of the Community Practice Group at Buckingham have advanced rapidly in both their weekly classroom and personal daily Qigong and Tai Chi practices since we began in November 2018. We are focused on refining our understanding of “working and playing with Qi” between now and April 18, after which we will evolve and go into more depth on this marvelous journey of these ancient practices. (See page 2 for more details.)

Evolving to Sustain



- ▶ Be Patient, Build over Time
- ▶ Learn New Practices & Share
- ▶ Pay it Forward!

Q & A

Support HWF & 5th Saturday on the Cloud Gatherings

www.healerwithinfoundation.org/donate



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www.HealerWithinFoundation.org

Upcoming 5th Saturday on the Cloud Gatherings:

June 29 - Teaching Special Needs Populations:
Dementia, Parkinson's, etc.

August 31 - Healer2Healer: *Unlocking Inner/Outer
Powers and Resources with Self-Care through
Mind-Body-Spirit Medicine*

November 30 - Tai Chi and Qigong for Emotional
Health and Well-Being