

The latest news from Tai Chi Yoga Center, November 2014 newsletter

Upcoming Events at St. Vincent Medical Center, 9205 SW Barnes Road, Portland

November 15, 9 a.m. to 2 p.m.

* Tai chi 24, part

November 15, 2:30 p.m. to 3 p.m.

* Free Tai Chi Moving for Better Balance class, open to the public

December 6, 9 a.m. to 2 p.m.

* Qigong training

December 6, 2:30 p.m. to 3:30 p.m.

* Free Qigong class, open to the public

Tai Chi essential principles . . .



There are many variations of tai chi. Its immense power for improving health and inner energy derives from a set of essential principles. Here we present the most important ones. We've put them into simple, easy-to-understand language. By bearing them in mind as you learn and practice, you'll be able to do tai chi more effectively right from the beginning. To see if you're following these principles:

1. Do your movements slowly, without stopping. Make them continuous like water flowing in a river. Don't jerk. Maintain the same speed throughout.
2. Imagine you're moving against resistance. That will cultivate your inner force (qi). Imagine the air around you is becoming denser and that every move you make is against a gentle resistance - almost like moving in water.
3. Be conscious of weight transference. This is important for improving mobility, coordination, and stability. Be aware when you transfer your weight and be aware of each step of your weight transference. When you move forward, for example, put your weight on one leg while maintaining an upright posture, touch down gently with the other heel first, and then gradually place the entire foot on the ground and put more of your weight onto that foot, slowly and consciously transferring more of your weight forward.
4. Maintain an upright posture and body alignment. Maintaining the body upright and supple and keeping the body well aligned in a straight line without undue tension is important. This can be more difficult than you expected, especially when you start bending your knees. Very often when people bend their knees the body alignment become distorted. Test yourself, standing side on to a mirror, don't look at the mirror, bend your knees and look at the mirror now. Is your back in a vertical line to the ground? A good way to keep a good alignment as you do this, imagine you're going to sit on an empty chair, bend both your knees and hip joints. Practice it with the mirror and check yourself every now and then. We have found that many people don't keep a good body alignment and are not aware of it. That is why we said it is more difficult than expected. However once done right, your tai chi will improve greatly because qi flows best in the aligned body. Hunching forward will hinder the qi flow, and compromise your balance and leaning backward will create extra strain to the spine.
5. Relax or loosen joints. You should relax when you do tai chi, but by relax we don't mean let your muscles get floppy. Instead, consciously and gently stretch your joints from within, almost like you're expanding your joints internally. To loosen the spine, imagine it's a string, and that you're gently stretching it from both ends. For the lower limbs, bend your knees and stretch your hips out to form an arch as you crouched. Other lower limb joints will gently expand from within.
6. Focus on your movements. Avoid distraction. Focus on what you're doing. Be aware of all the principles mentioned above, but think of them one at a time.

Here's a link to more information about tai chi: <http://www.medicinenet.com>

Yoga Practice . . .

Eight limbs, or steps, to yoga . . .



Yoga is an eight-limbed path that forms the structural framework for yoga practice. Upon practicing all eight limbs of the path it becomes self-evident that no one element is elevated over another in a hierarchical order. Each is part of a holistic focus which eventually brings completeness to the individual as they find their connectivity to the divine. Because we are all uniquely individual a person can emphasize one branch and then move on to another as they round out their understanding.

In brief the eight limbs, or steps to yoga, are as follows:

Yama : Universal morality

Niyama : Personal observances

Asanas : Body postures

Pranayama : Breathing exercises, and control of prana

Pratyahara : Control of the senses

Dharana : Concentration and cultivating inner perceptual awareness

Dhyana : Devotion, Meditation on the Divine

Samadhi : Union with the Divine

Yoga for beginners

You can go to this link to explore: <http://www.yogajournal.com/category/beginners/>

Bento recipes from Peony



Fall Notes from Peony

The leaves are falling, grasses go dormant, and energy goes deep within. We are truly blessed with great plenty in the season of Fall. We should also gather our reserves to prepare for the barren months ahead to thicken our blood and eat heartier meals.

Practice deep breathing to awaken our lungs and enjoy the beauty of this season.

Brussels are so nutritious and low in calories, yet offering protein, vitamins and minerals. Delicious prepared the following way listed below, instead of the traditional boiled style with butter. Enjoy.

Sweet Sour Brussel Sprouts, pg. 51 in Nurturing Your Temple

2 1/2 lb. of brussels, trimmed and halved lengthwise
4 tbsp. oil, divided
sea salt and pepper to taste
1/4 cup balsamic vinegar
3 tbsp. maple syrup
1 tbsp. soy sauce
2 tbsp. pumpkin seeds, roasted
1 tsp. rosemary, finely chopped
1 tsp. crushed red pepper flakes

Preheat oven to 400.

Toss brussels with 3 tbsp. oil on a rimmed baking sheet.

Season with salt and pepper.

Roast, tossing halfway through, until softened and cut side is browned about 20 minutes.

Whisk vinegar, syrup, soy sauce, and 1 tbsp. oil in a large bowl.

Add brussels and toss to coat. Transfer to platter.

Top with pumpkin seeds and rosemary. Sprinkle with pepper flakes.

Serve with Butternut Squash Soup. page 50

Learn how to prepare traditional Miso Soup from the indigenous people of my ancestors, the Ainu's of Hokkaido Japan

Soup is referred to as OHAW in the Ainu Language



The Asians have long known about the health benefit of Miso and the other ingredients that arise from the actions of the fermentation and aging process. Did you know that, Miso contains, protein, vitamin E, B2, 12, fatty acids, minerals-magnesium and potassium, Sapoinin, Lecithin and more. It can reduce toxins in the intestines, improves brain metabolism rate to mention just a few benefits.

Come learn how to select the right miso for the right climate, and the compatible vegetables to add to the soup.

Date: December 6

RSVP: is a must..688 2688 only 10 seats available

Time: 11:00 a.m.

Cost: \$10.00

Place: I'll tell you when you register...:)

We will also be splitting 5 gallons of Red Miso for our annual miso shopping for the winter. A quart is \$7.00. If you would like to split this with us, please let me know ahead of time.

Please bring a new quart Mason jar with a new lid to trade with me. Otherwise it will be an additional \$1.00 for the jar.

This miso is GMO free and Organic. From USA!

For more information, email: infotcyc@yahoo.com or call 541-515-0462