



# NEWSLETTER

## You Saw It Here First

*Forthcoming Sony Playstation 2 Eye Toy Kinetic Screen Shot.*



So you think I look like an old fart! Well this is ME, although the camera / computer has been a little flattering, and I must say I do look good in Nike gear. Sony are developing a fitness game called Eye Toy Kinetic, which features a Mind, Body & Spirit “area” with yours truly in the frame(s). A touch touched up, and not quite how I see myself. But I think you’ll all agree, that my bum probably doesn’t look big in this...

It’s not in the shops yet, but when it is, I would recommend you get all your friends with a playstation 2 to get it. I’ve adapted the Exercises & Form to give a 15 minute Tai Chi work out, based on Mountain River’s Tai Chi program. This should promote, the Yeung Families Art and Mountain River. Both worthy goals. Hopefully it will introduce some new blood and keep us running for a few more years.

### PHILOSOPHICAL THOUGHTS

We should all attempt to soften our and firmly rooted on who we are. Change that should be approached with care and be better people, while having some fun Grounding our hectic lives with a self good. Our partners, colleagues and calmness, confidence, adaptability, stress Family Tai Chi has very high goals, and rewards. Just like real life we rarely get a Good Indeed, so pat yourselves heartily.



rough edges. Whilst remaining centered is both an Active and Passive ideal, one understanding. We train so that we may and a dam good work out to boot. inflicted regime that we know does us friends benefit from our improved less ness (well less stressed at least). Yeung often appears to show little in the way of pat on the back. Well you all are Very - *Take care Keith*

### Dates for your diary

July 9th Saturday class 9am - noon (£15) Chiswick Town Hall

John Conroy & Joe Balthazar are coming over from America to train with Jim Uglow and we are welcome to join them. There will be sessions over the weekend 6th / 7th August. Please await further details.

### Weekend 16th-18th Sept

Late Summer camp cost £220 Fri 5pm till Sun 5pm. inc. tuition, accommodation, food and drinks .

Location: Braziers Park, near Wallingford, Oxfordshire

£50 deposit now and full payment one month before.

