

## Master Lam Workshop

Master Lam has now left the UK for the USA after visiting the West Country.

The two days offered the first public workshop by him in Bristol and a day for existing West Country students. For those attending we were privy to demonstrations of his vast skill and knowledge including a full demonstration of the Original Lam Tai Chi Form (48 step). We explored standing, sitting and lying postures, walking and contact circling to name a few. We also had several chances to create combined energy circles from two to nearly thirty people including a healing application. For those who needed it we were even shown how to fall asleep easily at night. As ever he mixed all this with his usual wit and charm sharing life's experiences and stories. Quite an experience.

The venue was excellent providing style, service and great food. Hopefully we will be able to visit again next year.

### Step by Step Tai Chi

I have a few copies of this book by Master Lam which includes the Lam Small Circle Form, associated and advanced exercises and more. This print is the later revision with Master Lam as model for the positions in the Form. Once they are gone....

For those that don't already know, other books by Master Lam include-

The Way of Energy, The Way of Healing, The Way of Power , Everyday Chi Kung, Walking Chi Kung

Tai Chi for Staying Young, Golden Ball Tai Chi (with DVD)

Feng Shui Handbook, Personal Feng Shui Manual, The Feng Shui Kitchen, The Way of Tea

Stand Still Be Fit C4 series, Way of Power DVD

More details can be found on [www.lamassociation.org](http://www.lamassociation.org)

### Diary Dates

29 <sup>th</sup> March	Friday	No classes
1-14 April	2 weeks	No Classes
6 <sup>th</sup> May	Mon	No Classes
27 <sup>th</sup> May	Mon	No Classes
1 <sup>st</sup> June	Sat	Zhan Zhuang Workshop
15 <sup>th</sup> June	Sat	Zhan Zhuang Workshop
27 <sup>th</sup> June	Sat	Zhan Zhuang Workshop
24 <sup>th</sup> July 7 <sup>th</sup> August	2 Weeks	No Classes

### Chinese Fables

Master Lam's second son **Lam Tin Yu** has recently published his website dedicated to Chinese fables and his interpretation of them. Each story is presented without commentary to give you time to think about the possible meaning and implications. Later he publishes some insight into the deeper meaning of the story. You can then see if yours matches or differs. There are three stories up already and prove an interesting read. More to follow. Lam Tin Yu has for many years astounded me with his understanding of both Eastern and Western culture and philosophy. He already has works published- 'A Busy Person's Guide to Tai Chi ' and is co-author of the 'Way Of Tea'

[www.chinesecauldron.com](http://www.chinesecauldron.com)