

Complementary Health & Exercise

Winter 2013

FREE!

The Tea Issue



11 REASONS WHY YOU SHOULD

It is an excellent source of anti oxidants

It burns fat and enables you to exercise longer

It prolongs your life

It lowers stress but boosts brain power

It reduces high blood pressure

It helps to protect your lungs from smoking

It helps to protect your liver from alcohol

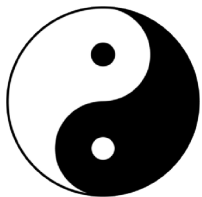
It prevents tooth decay and cures bad breath

It helps preserve and build bone

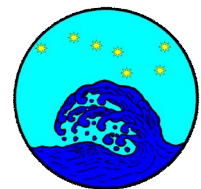
It boosts your immunity against illnesses

It rehydrates you better than water

DRINK MORE GREEN TEA



The Quarterly Magazine bringing you news and programs on complementary methods of healthcare and exercise.



七星武道

Holistic Ceremonies

Created just for you

Weddings, vow renewals, blessings, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

Rites Of Passage

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

Contact Reverend John

630 229 4434

John@HolisticCeremonies.com

www.HolisticCeremonies.com



Complementary Health & Exercise

Winter 2013

Editor & publisher - John Robertson

630 229 4434

John@7StarsMA.com

www.7StarsMA.com



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Seven Stars
Martial Arts



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Because of the nature of some of the products, services or techniques advertised/discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.



January 10th & February 28th
Thursdays - 3:00pm - 3:30pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)

The Wisdom of the
ancient Chinese

"Better 3 days
without food than
1 day without tea."

Editor's Notebook

You may notice that this issue has a theme to it! Tea is the 2nd most consumed beverage after water; and for good reason. The health benefits of tea drinking are well documented, & for the first 2,000 years of its use, it was purely medicinal. The ancient Chinese proverb at the top of this column hints at the health benefits!

You can also join us at The Tea House in Naperville to learn about, and three participants will actually take part in, a traditional Chinese Tea Ceremony. Everyone then gets to sample the teas on offer, plus others!

After the ceremony there will be an opportunity for some tea shopping; then We end the day with a full dinner at LaJiao Chinese Restaurant. Spaces are limited on this class to only 20 people; the tuition includes the tea ceremony & tasting at The Tea House; appetizer, dinner, soft drink & gratuities at LaJiao. We hope you take advantage of this opportunity; the Chinese Tea Ceremony is beautiful to behold, and amazing to participate in.

For those that enjoy the experience there is the opportunity to take a day and learn how to perform a Chinese Tea Ceremony! See me after the class!

If you can't make it to the Tea House; our Tea of the Month club has now launched with a green, oolong and black tea. These are available to purchase individually, with a quarterly subscription, or as a full year membership. Joining the club can offer you substantial savings over the course of a year! These are teas of the very highest qualitea (!).

John Robertson

*"He lives most life whoever
breathes most air"*

The Chinese Tea Ceremony



Join us at The Tea House in Naperville to learn about, and experience a traditional Chinese Tea Ceremony.

3 participants will actually take part in the ceremony, and everyone gets to sample the teas on offer, plus others!

After the ceremony there will be an opportunity for some tea shopping; then We end the day with a full dinner at 'LaJiao' Chinese Restaurant.

[Tuition includes tea ceremony & tasting at The Tea House; appetizer, dinner, soft drink & gratuities at LaJiao; Non-refundable except in case of cancellation, transportation is not included]

**Only
\$40!**

**Weds, March 13th
2:00-6:00pm**

Space is limited to 20 people only!
~ Register with your Instructor!

THE TEA HOUSE 

The Tea House, 24125 W. 111th Street. Naperville.

27 Steps of Wuyi Tea Art

By Dan Robertson - Originally published in T Ching and reprinted here with his permission

Oolong tea is considered by some connoisseurs to be the ultimate in the art of tea. Not just its manufacture but also the way in which it is enjoyed. With names such as Iron Goddess of Mercy and Golden Buddha, the different kinds are ripe with legendary stories and even the name oolong sounds mystical, meaning black dragon.

The beautiful Wuyi Mountains of north-western Fujian province is a fitting place for these legends to originate with its mist-covered, fairy peaks and winding river. The art of tea has been practiced there since ancient times and even today, tea art competitions are held which draw oolong lovers from in and outside of China.

One could study a life time and still not attain perfection in all the nuances. None the less, it is a goal well worth the endeavor. It is often the journey which is the real art, not simply the end result.

There can be many variations in the gongfu tea ceremony. In the Wuyi Mountain tradition there are 27 steps. Each serves its purpose to create not only an exquisite cup of tea but also an enriching experience for the maker and the guest. Perhaps you may find yourself one day, wandering through the wilds of those mountains, and have your own meeting with the black dragon.

The Chinese tea ceremony step by step

1. Gong Qing Shang Zuo ó Respectfully usher in guests
2. Feng Xiang Jing Qi ó Light incense and calm the qi
3. Si Zhu He Ming ó Silk and Bamboo together make music
4. Yie Jia Chou Bing ó Entertain guests with the tea leaves
5. San Quan Chu Fei ó Mountain spring water boils
6. Meng Cheng Mu Ling ó Honorable teapot is bathed
7. Wu Long Ru Gong ó Black dragon goes into the palace
8. Xuan Hu Gao Zhong ó Suspend kettle high and centered
9. Quan Feng Fu Mian ó Spring wind caresses the face
10. Chong Xi Xian Yian ó Wash the fairy's face once more
11. Ruo Cheng Chu Yu ó As if emerging from the shower
12. Yu Yie Hui Hu ó Jade liquid returns to the teapot
13. Guan Gong Xun Cheng ó Guan Gong reviews the city
14. Han Xing Dian Bing ó Han Xing orders his soldiers
15. San Long Hu Ding ó Three dragons protect the cup
16. Jian Shang San Se ó Enjoy the colors
17. Xi Wen You Xiang ó Feel elated by the calming aroma
18. Chu Ping Qi Ming ó First, taste the unique drink
19. Zai Hen Lan Jr ó Then, pour the tea again
20. Ping Cuo Gan Lu ó Sip the sweet dew
21. San Jen Jing Foa ó Third, pour the Golden Buddha a few more times
22. Ling Lue Yian Un ó Enjoy the rock tea's beauty
23. Jing Xian Cha Dian ó Serve the tea snacks
24. Zi Jen Man Ying ó Casually drink at your own leisure
25. Xing Shang Ge Wu ó Enjoy singing and dancing
26. You Long Xi Shui ó Dragon swims playfully in the water
27. Jing Bei Xie Cha ó Empty the cup and appreciate the te



A Story from The Chinese Art of Tea

by John Bloefeld

The most famous Sung-era story, one shared by writer John Bloefeld in "The Chinese Art of Tea," is about a nobleman who lived in the area of Hu-Chou.

This man had amassed a collection of teapots known to be the most beautiful and ethereal. He acquired teapots everywhere and anywhere he traveled, using them lovingly to drink his daily tea. With the same ardor, he sought the finest tea farmers and purchased only the freshest most perfectly processed teas.



One day, a man who obviously looked like a beggar, wearing tattered clothing, and the disheveled look of someone unused to the finer things in life, called upon the nobleman at his home. After some hesitancy by the servant opening the door, the beggar was allowed to meet the nobleman and make his request in person.

In a surprisingly cultivated and mellifluous voice, the beggar said, "I have heard that the tea you drink is the finest in the land. Perhaps you will indulge me in sharing a cup of your superb tea."

The nobleman was astonished at the request, believing that the looks of the beggar covered a man naïve to the delicacies of fine tea. Nonetheless, he ordered tea to be prepared in one of his finest pots, and the beggar inhaled the aroma, took several thoughtful sips, then leaned back in the chair with a look of disappointment upon his face.

"Ah," he said, "the aroma is too faint, the flavor too mild. It is quite possible, sir, that your teapot, as beautiful as it is, simply is too new to brew the tea to its perfection. A teapot of several decades of use is required here."



Unwilling to believe that this beggar was the connoisseur he pro-

Continued on page 16:

Oriental Wisdom

Learn exercises and principles that have guided people to live long and healthy lives for centuries.

These classes can help reduce stress & blood pressure, build health, vitality & more. They can instill in you a greater sense of control over your wellbeing.

Tai Chi Qigong Shibashi

Feb 24th 9:00am - 2:30pm

Relax4Life Center,
26402 Edgemoor Lane,
Barrington, IL 60010

847 842 1752 www.relax4life.com

The Six Healing Sounds

March 2nd 9:00am - 3:30pm

七星武道



The Lighthouse Center,
165 S. Church Street,
Winfield, IL 60190

630 229 4434 www.7StarsMA.com

Be guided to a higher quality of life
by the wisdom of the ancients



630-229-4434



The Six Healing Sounds



It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

Saturday, March 2nd
9:00am - 2:30pm

Learn two complete Healing Sounds systems; and how to use them to promote health and emotional wellbeing.

Register before February 17th
and receive a FREE Healing
Sounds Laminate!



七星
武道



The Lighthouse Center,
165 S. Church Street,
Winfield, IL 60190

630 229 4434 www.7StarsMA.com

What do you get for your money?



By Dan Robertson - Originally published in T Ching
and reprinted here with his permission

Recently, I saw a nice report on the costs of brewing teas at home, comparing various loose-leaf and tea bag suppliers. The story reported a price range of \$.10 to \$.30 per cup with commercial tea bags and a bit higher using specialty tea bags. Loose-leaf tea was also mentioned, with costs higher still. Since, as a dealer in premium loose-leaf teas I often encounter questions about cost, I decided to do a little research at my local supermarket and in my own showroom.

In a quick walk down the tea aisle at a local grocer, I found countless brands and choices competing for the buyer's attention. Boxes of tea bags with 20 to 25 bags per box were offered for between \$2.59 and \$3.49 per package. One brand, which featured pyramid bags, was selling for \$5.09 for 30 bags. The store had a big promo on the 100-count box of oLö for \$2.99 (regularly \$4.99). Sounds pretty inexpensive, yes? The math works out to somewhere between \$.15 and \$.17 per bag overall. The oLö brand on sale comes in at \$.03 a bag, which is hard to beat. Most of the tea bags contained about 1.5 grams of tea. With a tea bag not mentioning the quality of the tea leaves the consumer is pretty much required to accept the infusion strength that can be obtained without using a second bag or oversteeping.

Many of the teas in our collection are priced at \$2.95 per ounce. We generally find that, depending on the drinker's flavor preferences, 1 ounce of leaf can produce 10 to 15 cups of tea. We recommend using 3 grams of leaf per 8 ounces of water. All of our teas can be brewed at least twice, many 4-5 times. But, let's not count the longevity of the leaves. At \$2.95

Continued on the next page:



Learn to use your own healing abilities

Reiki

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



Register early ~ class is limited to 6 participants!

Level 1

Sunday, January 27th
9:00am - 5:00pm

Our Reiki Student course teaches you all the basic principles of Reiki: Natural Energy Healing!

Helping you to harness the energy of the universe

All for only \$157!

Level 2

Sunday, February 17th
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$37! Plus! get a laminated hand position and symbols chart free!

Level 3

Sunday, March 24th
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, two laminated symbols charts, a session CD, and a Reiki for Dummies book free ~ a total saving of \$86!



七星武道

The Lighthouse Center, 165 S. Church Street, Winfield

Call 630 229 4434 or register online at:
www.7StarsMA.com/Metaphysicsclasses/Reiki.html



Keeping a Gratitude Journal



A recent study has found that people who keep a gratitude journal, were less likely to be stressed or unhappy.

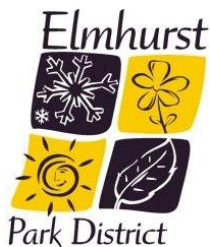
Learn to surmount your difficulties, and become a better person.

February 15th ~ 2:00-3:00pm

Courts Plus

186 S. West Avenue,
Elmhurst, IL 60126

630 833 5064



March 23rd ~ 10:30-11:30am

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard, IL 60148

630 620
7322



What do you get for your money?

Continued from the previous page:



per ounce and assuming a milder infusion strength (15 cups per ounce), this works out to about \$.20 per cup ó a whopping \$.03 more than the top range we found for the tea bags. Bear in mind, though, that in that \$3.49 box of tea bags, you only get 30 grams of tea. For those who don't speak metric, that equals 1.05 ounces. So by weight, the loose-leaf tea is about \$.50 per ounce, cheaper than the bags.

So how can you get 20 cups of tea out of 1.05 ounces in tea bag form versus only 15 cups out of an ounce of loose-leaf tea? Again, not mentioning anything about quality, the simple answer is surface area. In the tea manufacturing biz, we talk about "cuppage" ó the number of cups you can get out of a certain weight of leaf. Without getting too technical and explaining CTC and Orthodox manufacturing, suffice to say that the smaller the leaf particle, the greater the surface area and the faster and more complete the infusion.

The tea in that regular tea bag is small-particle leaf, which gives its all in about 3 minutes. Loose leaves take longer to give up their goodness and many are just getting started with the first infusion. The problem is that when you cut, chop, crush, and otherwise maim a tea leaf to increase surface area, the evaporation of all the flavor- and aroma-creating elements is accelerated too. Small-particle tea ages much faster than whole leaves. That's just physics.

When you look at it, for that \$.17 cup of tea from a bag, you compromise on freshness, potency, control over desired strength, depth of flavor, subsequent infusions, post-purchase shelf-life, and the wonderful aesthetics of brewing loose-leaf tea. This doesn't even take into account the environmental impact of the packaging materials (they used to be trees, you know). Sadly, the box, plastic wrap, and used tea bags (with string and staples) get dumped into landfills.

Now, I don't want to come down too hard on tea bags. To be sure, some are better than others. They do serve a purpose and there is certainly a market for them ó more than loose-leaf tea at the moment. I just think that if cost is the reason someone makes a purchase choice in favor of tea bags, they should do so knowing the actual cost factors and what they get for their money.

Tai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
to avoid drugs, surgery, and expensive
doctor bills. Dr. Mehmet Oz on Oprah

In Elmhurst

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

Continuing students meet every
Tuesday at 12:30pm
January 8th & February 26th

Beginner students meet every
Thursday at 12:30pm
January 10th & February 28th

Call: 630 833 5064

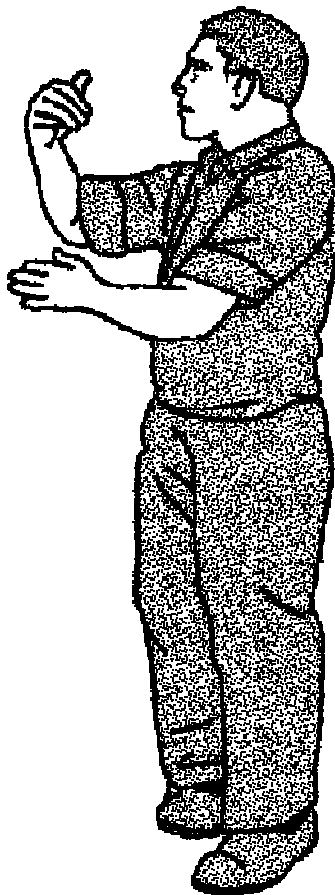
In Lombard

Sunset Knoll Recreation Centre
820 S. Finley Road,
Lombard, IL 60148

Beginner students meet every
Monday at 5:00pm
January 7th & February 25th

Continuing students meet every
Monday at 6:00pm
January 7th & February 25th

Call: 630 620 7322



In Roselle

Clauss Recreation Center
555 W. Bryn Mawr Avenue,
Roselle, IL 60172

Beginner students meet every
Tuesday at 9:00am
January 8th & February 26th

Continuing students meet every
Tuesday at 10:05am
January 8th & February 26th

Call: 630 894 4200

In Villa Park

Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181

Beginner students meet every
Tuesday at 2:00pm
January 8th & February 26th

Continuing students meet every
Thursday at 2:00pm
January 10th & February 28th

Call: 630 834 8970



ROSELLE PARK DISTRICT

The History of Tea

By Dr Teaø

1. ALL TEA COMES FROM ONE TEA PLANT:
Camellia Sinensis

2. Types of Tea: White, Green, Oolong, and Black

Asia:

3. Birth of Tea: 2737 BC Chinese Emperor Shen Nung was drinking water over an open fire, as he believed in cleansing his water, when leaves from a Camellia Sinensis plant fell into his pot of boiling water.

4. It is documented as far back as the 12th century BC King Wen receive tea as a tribute to his reign.

5. Until the 3rd Century BC fresh tea leaves were merely boiled in water. Then the drying and processing of the tea leaves into green tea began as tea consumption began to spread across all of China.

6. White Tea was produced and was reserved for royalty.

7. Documented; 350 AD by Chinese scholar Kuo Po wrote about a medicinal beverage made from leaves and boiling them.

8. By the 5th Century AD, tea was being used as a medium of exchange

9. 780 AD, first COMPREHENSIVE Book of TEA, by Lu Yu, "The Book of Tea" He began work in 760 and completed the work 20 years later in 780 AD.

A. Lu Yu became the patron saint of tea and was responsible for many of today's tools and love for tea.

10. With the advent of Lu Yu's book tea became extremely popular and in 800 AD tea began to be commercially cultivated.

11. 803 AD Japanese Buddhist Monk Saicho went to China to study Zen Buddhism. He returned home in 805 with fellow monk Eichu, with tea seeds and the knowledge of creating green tea, and presenting it in powdered form and whisking with bamboo.

12. The present day Japanese tea ceremony originated in China and while it died out in China it continues today in Japan.

13. Tea Styles:

A. Shen Nung times: fresh leaves were boiled in water.

B. 3rd century AD tea leaves were dried, powdered and boiled



C. 600- 900 AD Tang Dynasty; tea was in the form of green tea cakes made from fresh leaves, steamed, crushed, fired, pounded, and compressed into tea cakes. In Lu Yu's time a piece was broken off, roasted until it was soft and then boiled.

D. 960- 1279 Song Dynasty; green tea was dried powdered and whipped in hot water with bamboo (taken to Japan). In this time they added onions, pickle juice, ginger, and orange peel.

E. Ming Dynasty: processed loose tea like we know it today was added to hot water.

Europe:

14. 1602 Dutch East India Trading Company was formed. This in and of itself led to the world's introduction to tea.

15. 1610 green tea was introduced to Holland via trade ships from Java where they picked up tea which was dropped off by Chinese vessels. Black tea did not replace the green tea until the mid 1700s. Begin to think of how many of the renowned artists of Holland were drinking tea.

16. The first real evidence of tea in England was in the form of an ad in a newspaper by Thomas Garway in 1658. It read, "That excellent and by all physicians approved drink called by Chineseans tcha, by other nations Tay alias Tea is sold at the Sultans Head a Cophee house in Sweetings Rents by the Royal Exchange London."

17. During this time Garway was already promoting the health benefits of Tea as you can see in the handout. At this time tea was so rare it sold for 6-10 pounds per pound of tea. In today's exchange a pound of tea in the early 1600s sold for \$10- \$14 dollars.

18. Garaway is also credited with the first

acknowledgement in England of the use of milk in tea. He writes, "being prepared with milk and water strengthen the inward parts."

A. Originally milk was not used in tea in England as it is today. Instead they added saffron, ginger, nutmeg, and salt.

B. It is more commonly accepted but never documented to date, the use of milk in tea might have come from the Mongols who to this day mix hot milk with their tea. This practice was then brought into China and the practice was then taken via the Dutch India Trading Company abroad.

19. First tea came to Russia in 1618 when a Chinese embassy presented some tea to the Czar. With the Treaty of Nerchinsk caravan trading began between China and Russia and camel and horse trains of tea would be taken to the border and exchanged for Russian furs. This journey took about a year and it was here that tea would be infused at night with smoke from the camp fires.

20. By 1675 tea was generally used throughout Holland as an everyday drink. Tea made a big splash in France and Germany during this same time but fell out of disfavor in place of wine and beer.

21. 1702 Queen Ann in England announces she drinks tea in favor of ale in the AM for breakfast. She is also credited with using silver tea pots and not the Chinese ceramic pots. This was the first major change in the use of tea in England that created a tremendous demand for tea at alarming rates as well as the English Silver Tea Service Set.

22. Black tea replaces green tea coming from China as the Chinese no longer are willing to sell the green tea as it is preferred to black. Additionally, black tea is easier to ship and withstand the long journey to Europe and the colonies.

23. Opium Wars: Britain and China. Tea became so popular in England by the mid 1700s they were importing over 4.5 million tons of black tea a year. Paying for this tea was creating a burden on the currency reserves in England. The answer laid in the Opium crops of the British controlled colony; India. In a clever way to justify India's attempt to create its own revenue and not be dependent on mother England they sold their opium to China for silver which was then credited against the English debt for the tea it was importing from China.

A. This created an opium epidemic in China.

B. Opium War declared in 1840

24. 1840 Anna the Duchess of Bradford started

afternoon tea in England. As a result of her sinking feeling in the afternoon as a result of little food since breakfast and waiting till eight o'clock for dinner, she started to have tea, sandwiches (usually leftovers) and cake at four o'clock.

America: How Tea Shaped the Country

25. 1650 tea was introduced by Peter Stuyvesant to their Dutch colony, New Amsterdam (what is now New York). It is said this colony had tea before England.

26. 1674 the British took over New Amsterdam and renamed it New York. They found a colony which was already drinking more green tea than they were in England.

27. Boston Tea Party: 1767 British Parliament passed the act imposing a tax on the tea and other commodities used by the colony from Britain. This had a lot to do with needed added revenues to finance England's own consumption of tea from China. By 1770 the tax on all items except tea was repealed.

A. Women save the day! They united and decided not to purchase any tea. This action was taken to heart by Women of the other colonies so the tea would never be unloaded off of the boats anywhere in the colonies.

B. On December 16th, 1773 a meeting was had by 5000. 50 men then dressed as Indians attacked the three British ships in Boston Harbor and dumped over 40 tons of black tea into the harbor and other similar acts erupted around the colonies all leading to the Revolutionary War and our Independence.

C. George Washington was an avid tea drinker and was provided three cups of tea in the AM even during the war and then continued the practice of having his three cups of tea at breakfast during his tenure as President.

28. 1832: Creation of the Clipper Ships: The creation of the clipper ships added speed to the arrival of teas from China. This was crucial to the freshness of the teas coming in from China which added to a better taste. Additionally, the clipper ships brought Chinese labor to the USA which helped build our country.

29. Iced Tea: at the St Louis Worlds Fair in 1904 it was so very hot no one was consuming the hot tea. The British Richard Blechynden decided to pour the tea over ice and the rest is history.

30. Tea Bags: In 1908 Thomas Sullivan sent out his tea as samples in silk bags. One of his vendors mistakenly dropped into hot water and the tea bag was born.

Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, health and vitality to all who practice it.

In Addison

Centennial Recreation Center
1776 W. Centennial Place,
Addison, IL 60101

Thursday at 1:00pm
January 24th & March 14th

Call: 630 889 2150



Now at
*Addison Park
District!*

In Elmhurst

The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126

Wednesday at 11:15am
January 22nd & March 12th

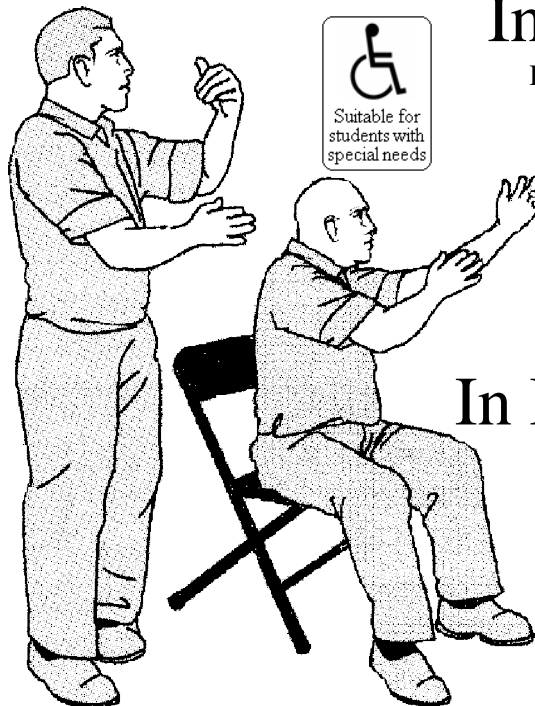
Call: 630 993-8193

In Lombard

Sunset Knoll Recreation Centre,
820 S. Finley Road,
Lombard, IL 60148

Wednesday at noon
January 9th & February 27th

Call: 630 620 7322



In Bensenville

Deer Grove Leisure Center
1000 W. Wood Ave,
Bensenville, IL 60106

Tuesday at 11:00am
January 23rd & March 13th

Call: 630 620 7322

In Wood Dale

Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
January 24th & March 14th

Call: 630 595 9333

In Bloomingdale

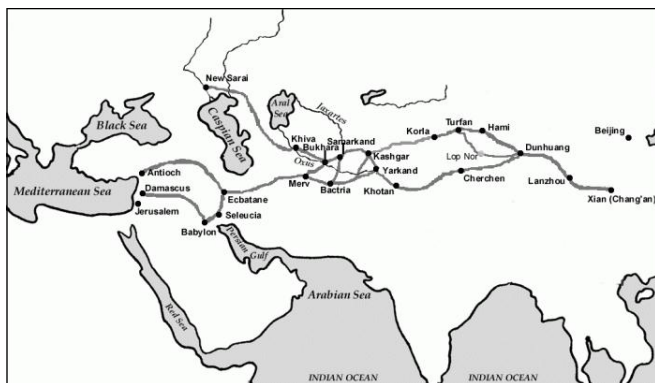
172 S. Circle Avenue,
Bloomingdale, IL 60108

Wednesday at 1:00pm
January 23rd & March 13th

Call: 630 529 3650



Beyond The Silk Road



By Dan Robertson - Originally published in T Ching and reprinted here with his permission

It is said that all roads lead to Rome but if we trace the origins of our favorite beverage back to the source, we find ourselves in Southwest China, in the mountains of modern day Yunnan and Sichuan provinces.

In the second millennium BC, the broth from fresh leaves which were boiled in water, was consumed to treat all manner of maladies. Some native peoples ate the leaves raw or included them in various dishes.

Since those ancient days tea and tea culture have evolved through many generations and journeyed far from home to foreign lands. Still, within its homeland, today the enjoyment of the leaf takes many forms. China's geographical expanse and diverse ethnic groups have equally influenced how tea-drinking habits have been formed.

Over the years I have had the good fortune to travel to many wonderful places in China and observe, experience and enjoy tea in many different ways. In this series I am pleased to share some of my favorite tea drinking experiences from across this fascinating country.

Wuyi Mountains

One of my early memorable tea experiences was in the enchanting mountains of Northern Fujian province Wuyi Shan. Legend has it that fairies inhabit the many picturesque peaks. Often these peaks are cloaked in a veil of misty clouds. The verdant landscape, mesmerizing cadence of the waters of the 9-bend stream, distant call of exotic birds and the perfumed air lightly scented with Osmanthus, leaves the

Continued on the next page:

**Are you over 65?
Your chance of falling in
the next year is 1 in 3**



Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

Falls?

They don't have to
happen to you

January 17th 9:30-10:30am

Centennial Recreation Center
1776 W. Centennial Place,
Addison, IL 60101

Phone: 630 889 2150



January 18th ~ noon-1:30pm



The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126

630 993 8193



An Introduction to Chinese Health Balls

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's. They can help reduce stress, aid relaxation and help prolong life.

Free Health Balls for all participants

Friday, January 25th 6:00-7:00pm

Clauss Recreation Centre at Roselle Park District
555 W. Bryn Mawr Ave, Roselle, IL 60172
~ To register call 630 894 4200

Friday, February 15th noon-1:00pm

The Abbey Senior Center ~ To register call 630 993 8193
407 W. St. Charles Road, Elmhurst, IL 60126

Saturday, March 23rd 9:00-10:00am

Lombard Park District, Sunset Knoll Recreation Centre,
820 S. Finley Avenue, Lombard, IL 60148
~ To register call 630 620 7322

Balance your body, mind and spirit through the use of Chinese Health Balls!



Continued from the previous page:

observer with a blurred sense of time and place. This is also the birthplace of the Black Dragon a.k.a. Oolong tea.

Near dusk on a warm September day, I was visiting a teahouse, which was nestled between the stream and fairy peaks. As I sat on a stool made from a tree trunk, before me was set a low table, with a variety of objects; a brass oil-can like vessel, a deep edged plate, some walnut sized handleless cups, a wooden container brimming with some sort of strange tools, a clay jar of something, a sand-filled urn containing a single incense stick, and a baseball sized teapot.

These items were brought in and meticulously placed on the table by a pair of slender young maidens dressed in elegant yet simple Chinese long dresses. The girls processed in, one taking a seat at the center of the table, the other to her right acting as an assistant. After pausing to collect her thoughts and unite with the moment, the tea mistress lifted a delicate hand, grasped the incense stick, lit it, and then dipped her head reverently as the fragrant smoke ascended in curling wisps.

She was beginning the formal tea ceremony. As her deft hands touched the various items on the table, their use became clear, even obvious. A kettle of hot water, a dish for washing the cups, a caddy of oolong tea, a funnel and scoop for filling the teapot with the long, twisted leaves; all tools implemented with graceful efficiency. This gong fu, this artful skill gained through attentive practice was performed for one purpose, to encapsulate the magic of a single moment into a simple teacup.

As the cup was placed with delicate fingers on the table in front of me, I was suddenly lost. The beauty of the performance, the cool breeze bringing the tea's sweet aroma to my nose, the glow of the light, all had me in a kind of trance. As I lifted the cup to my lips to take a sip, my gaze drifted up beyond the table, past the performers, out the open window to the mist covered peaks.

I realized at that moment that I could be in that very place, experiencing the same performance, enjoying that very same cup of tea, a thousand years ago. Overwhelmed for an instant, I held the elixir in my mouth. The first delicious swallow brought me back to my senses but the profound impression remained. It was then that I knew; tea would be a part of my life forever.

50 Secrets



of the world's



longest living



people

This class will give you plenty of ideas to help you to live a long and healthy life.

Dec 11th ~ 6:00-7:30pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard, IL 60148

630 620
7322



February 20th ~ 1:00-2:30pm

ROSELLE PARK DISTRICT

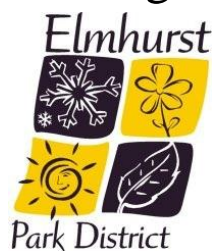
Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

Tøai Chi for Busy People

Every Monday at 8:00pm
beginning January 7th



Courts Plus

186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064

Using the 8 Step Tøai Chi
form; a shorter more
compact version of the 24
posture form taught in our
Tøai Chi Chuan classes

It requires less time & space
and is great for those without
the room to practice the 24
form, or those with busy
lives who still want the
all the benefits of Tøai Chi

One day intensive:

May 18th ~ 9:00am - 2:30pm

七星
武道



The Lighthouse Center,
165 S. Church Street,
Winfield, IL 60190

630 229 4434 www.7StarsMA.com

Continued from page 5:

fessed to be, the noble-
man challenged him.
"Yes," the reply came,
"it is easy to believe I
am a beggar, but actu-
ally I am a formerly
rich man in beggars clothing.



My passion for tea overcame everything in my life. Eventually I sold my possessions, all but my most beloved teapot," he said, pulling out a small Yixing teapot from the folds of his ragged clothing. "Would you like to sample your tea in my precious pot? Its rich clay has absorbed the pleasures of the leaf for decades now."

And, so the nobleman scooped some of his cherished tea leaves into the old beloved pot, brewed it with hot water, timed its brew, and the two gentlemen sipped from its nectar. "Yes," the nobleman said after a long silence, "I understand now. I must have this pot for my collection! I will offer you fifty pieces of gold for it."

"Sorry," was the reply, "I would not be able to part with this pot for ten thousand pieces of gold."

The two men continued to sip their tea in silence, until the beggar broke the calm with his proposal. "I see that you understand the pleasures of tea and the importance of a well-loved pot. I am willing to share this pot with you for but five hundred pieces of silver.

Should you agree, I will even leave this pot here, on one condition, and once a day I may come by to enjoy its beauty and the delectable tea with you."

And so it came to be that the two men, day after day, met to drink tea together, each enjoying the finely weathered pot that provided the fullest flavor to the finest tea.



The next time you reach for your most beloved Yixing pot, stained and worn from years of loving use, remember that it is just now coming into its prime!

We periodically have Yixing teapots and tea sets available to purchase; availability, types, styles and prices vary daily. Ask your instructor what they have!

Types of Tea



White tea White teas are produced with minimal processing. The leaves are often only allowed to wilt and be air dried before packaging. In some varieties the leaves are steamed, sealing in the numerous health-benefiting elements. When brewed correctly, white teas release a very low amount of caffeine. This type of tea often only consists of unopened leaf buds and takes its name from the delicate white down that covers the buds. White teas yield a very special flavor and texture, with "nutty" overtones, and brew into a very light yellow liquor. The delicate aroma is reminiscent of an early Spring breeze. These high quality teas are available in limited quantities.

Yellow tea One of the rarest types of teas, Yellow teas are produced from carefully picked buds and leaves that are minimally processed. The leaves are stacked into piles where the internal heat generated from their decomposition, slowly stops the oxidation process. Virtually self-processed, the leaves also skip the pan-frying step. Yellow teas have more caffeine than green teas and yield light colored infusions and delicate taste and aromas.

Green tea Green teas are made from typically smaller, younger leaves and buds. Undergoing a minimum of processing, they are also referred to as non-oxidized teas. The leaves are first spread out on cool cement floors or rattan racks and allowed to wilt for a few hours. The leaves are then heated to remove much of their moisture and to stop the oxidation process. After another chance to rest for a while, the leaves are rolled to give them special shaping and then finally dried until only 3% moisture remains. Green teas have long been enjoyed for their health-giving qualities as well as their unique and often subtle flavors. Interestingly, the aroma and taste can be quite different from one another. The color of the liquor can range from a bright jade green to a pale yellow and is best when drunk without any additions.

Oolong tea Referred to as half or semi-oxidized, Oolong teas are made by combining elements of green and black tea processes. After wilting, the usually larger, older leaves are carefully rolled around on rattan trays in order to bruise their outer edge. The black outer and green inner parts of the leaf give these teas their characteristic qualities. The liquor is usually a light brown and can sometimes reveal a slight fruity taste. Some high grade Oolong leaves can even be brewed up to 10

Black tea Black teas come from many parts of the world. Taking up to ten separate steps in the process, these fully-oxidized leaves are also referred to as red tea for the dark-reddish color of their brew. Some leaves start out and remain whole. Others may be intentionally broken or torn during processing. Black teas have a robust flavor yet often a mild aroma. Taste can range from slightly fruity to pungently smoky and are sometimes taken with milk, sugar, lemon or other additives. Bring fresh water to a full boil when making these teas.

Flavored & scented teas It is common practice to blend two or more black teas from different regions, even different countries, with one another to ensure consistent quality or create unique flavors. Other, non-tea, ingredients such as fruits, flowers, spices, and herbs are also mixed with a base of tea leaves. The result is a full-bodied beverage and an almost limitless variety of unique flavors.

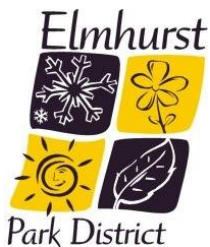
Don't let stress stress you out!



Stress could be called the plague of the 21st century; it is said to be responsible for around 85% of Doctors visits.

Learn simple, effective ways to reduce both chronic and acute stress

January 19th ~ 7:00-9:00pm



Courts Plus

186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064

February 28th ~ 6:00-9:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard, IL 60148

630 620
7322



March 21st ~ 7:30-9:00pm



Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

Reiki 1, 2 & Master Classes

Jan 27th, February 17th, March 24th

Lighthouse Center in Winfield



Tai Chi Qigong Shibashi

February 24th ~ 9:00am - 2:30pm

Relax4Life in Barrington



The Six Healing Sounds

Saturday, March 2nd ~ 9:00am - 2:30pm

The Lighthouse Center in Winfield



Chinese Tea Ceremony & Dinner

Wednesday, March 13th ~ 2:00pm - 6:00pm

The Tea House in Naperville

World Tai Chi Day

Saturday, April 27th ~ 9:00-11:00am

Theosophical Society in Wheaton



Tai Chi Spring Gathering

Saturday, April 27th ~ 1:00pm - 4:00pm

Creekside Park / Lighthouse Center in Winfield

Relay for Life

June TBA ~ 4:00pm - 6:00am

TBA in Lombard



Chinatown Trip

TBA Summer 2013 ~ 9:00am - 2:30pm

Chicago Chinatown

TheosoFEST

September 7th ~ 10:00am - 5:00pm

The Theosophical Society in Wheaton

Holistic Health Fair

Sunday, September 28th ~ 10:00am - 5:00pm

Soup to Nuts in Geneva

Annual Student Dinner

Tuesday, November 26th ~ 2:00 - 4:00pm

Jack & Silverado Grill in Elmhurst



Watch out for flyers for all these events,
and check our website for updates!

A Story about the Yixing Pot

By Mark oDr. Teaö Ukra, Tea Expert

Ixing, Yixing, Iching, Yiching, or however you may spell it, represents one of the finest made pots in the world. Ixing is located some 250 kl west of Shanghai. It is a small town which has now grown into the tea pot capital of the world.



So important and valued were these pots in their days of origin, during the Sung Dynasty (960-1279), that noblemen and aristocrats throughout China spent fortunes to amass collections of the finest pots made by the most esteemed artists and craftsmen. Even today, the best potters are referred to as "national treasures" for their timeless artistry. Artisans' pots are worth hundreds of thousands of dollars, yet even the most modestly machine made pot of twenty dollars or less, can provide years of pleasurable tea drinking.

The clay, which the Chinese call zisha or purple clay, is highly fired yet totally unglazed to retain its natural porous qualities. The clay used in the pots absorb the flavor and the aroma of tea so intensely that the Chinese dedicate one pot to just one type of tea, an oo-long, or a Keemun, or even a grassy green Dragonwell. Mixing teas will not only taint the clay but may make any subsequent tea taste "off."

The legend is that, after twenty years, one needn't even put leaves into the pot, just water, which will then be flavored with the essence of decades of tea drinking.

Just as we discussed above, the Chinese were the first to begin to depict nature and the teapot reflected their favorite elements of nature: lotus, tree branches, leaves, mountains, water and others.

The pots came in geometrical shapes, sensuous curved ones, and nearly round ones almost resembling pumpkins became popular shapes and all of them can be seen in today's designs which have been greatly extended to cover the most eccentric of designs including animals, flowers, bamboo, and more.

We periodically have Yixing teapots and tea sets available to purchase; availability, types, styles and prices vary daily. Ask your instructor what they have!

Learning Lunches

Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while Increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434

John@LearningLunches.org
www.LearningLunches.org



Health and safety education in your location, at your convenience

Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style T'ai Chi Chuan and adds Qigong exerciss.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.

This is an ideal class for beginners.

If you are a social worker, counselor, teacher or massage therapist and want 5 CEU's for this workshop there is a \$5 additional processing fee

Sunday, February 24th 9:00am - 2:30pm

Relax4Life Center, 26402 Edgemon Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

