

european school of t'ai chi



NEWSLETTER JUL 2026

Tao Te Ching No 16

Be completely empty.
Be completely serene.
The ten thousand things arise
together;
in their arising is their return.
Now they flower,
and flowering
sink homeward,
returning to the root.

The return to the root
is peace.
Peace: to accept what must be,
to know what endures.
In that knowledge is wisdom.
Without it, ruin, disorder.

To know what endures
is to be openhearted,
magnanimous,
regal,
blessed,
following the Tao,
the way that endures forever.
The body comes to its ending,
but there is nothing to fear.

trans Ursula le Guin



Welcome

This newsletter comes with much sadness as we adjust to our loss of Rodney 'Sodge' Adams.

It was a wonderful thing that he could join us at the May retreat with Tew where we enjoyed an amazing weekend of shared teaching. It effectively became a poignant last weekend for us to say thank you to Tew for all his teaching and, as it turned out, a last adieu to Rodney.

Though he might not be physically dancing the t'ai chi with us, he remains an ongoing presence in all our lives.

Looking ahead to October, we are really lucky to be welcoming Kristina once more at Springhead, when she will again generously share her depth of practice and experience.

Our committee members continue to keep all these regular events going (including the blocks of Zoom sessions on Wednesday evenings). Should you wish to be more active within the school, in whatever way you can, do please get in touch to find out a how you could do this, on info@metta-taichi.org.uk

Jos Hadfield

Imagine

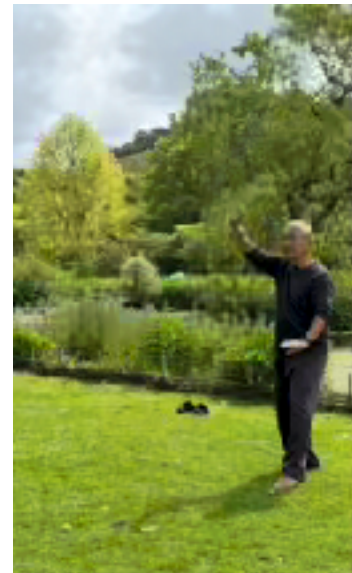
Imagining - going beyond,
beyond the bounds of the rational
to see through the immediate,
and the obvious.

Opening the windows
of our rational mind to
expand beyond its confines.
Liberating our consciousness
to reveal the truth,
the mystery of the source,
the Wu.

We sleep, we wake, we dream
in a constant cycle.
And so, it continues
as we transition from this life
to the next.
If we are lucky,
we connect with a group
of like-minded, similarly inspired beings
who support our journeying.

A 'bandada' - a flock -
a murmuration of souls
with whom we soar and spiral
in the currents of the air we breathe.
And when we respond,
openheartedly,
to the vibrations of this world,
we connect with that sense of grace
that emanates from the source
and infuses us, as we open
into its unrequested embrace.

Our small hearts
experienced as a flower,
whose petals unfold in their own time
to reveal a most delicious perfume
and sensuously lead us
to the very centre of our being -
which is also at the centre of all.



from notes taken of Tew's words at the retreat - Jos Hadfield



"This retreat was certainly eventful. Held together masterfully by Tew.

There were highs and there were lows. Moments of raucous laughter interspersed among moments of true poignancy and sadness. A reflections of Life's myriad expression.



Rodney came and said his goodbyes. We sang Moonriver from across the lake as he and Cat left on Sunday morning, and shed more than the odd tear.

He left in no doubt that he was much loved by all. That love and sadness felt by us all is the greatest testament of the man Rodney was. He will be greatly missed.



On Sunday night, we enjoyed some delightful singing by Tew, Anne, Terry and many others.

It was the first time I had witnessed Tew enjoying a tippie! (So much more for me to learn!)

Some of that "letting your hair down" he had spoken about during his teaching...

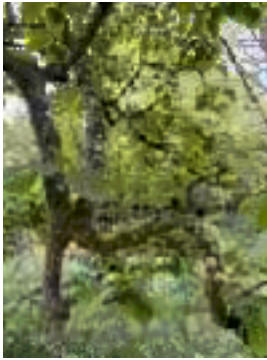
A special mention in dispatches to Stefan and Judith for their amazing feat of extracting vino from the neighbours without breaking into their houses by force, or the threat of mafia-inspired violence!

The work at Springhead with Tew was deep, and is still reverberating.

Time well spent among kindred spirits."

Hervé Nourisson





"I came as a complete beginner to Qi Gong and Tai Chi this year, and I left feeling inspired, grounded and convinced by Tew's teaching and training.

Everything about the weekend was artful and regaining, slow practice, attention into the body, the alertness, the softness, the listening.

As someone who holds a lot of tension and blockage in my arms and movement, it helped me become much more aware of imbalance in my body and how to soften rather than fight.

It is art form, a spiritual practice, reconnecting with yourself and others. I loved Tew speaking about the heart, water, memory, connective tissues, and "letting your hair down and your thoughts down."

Sharing spaces with the others felt warm and comforting. The meals together, the gardens, the lake, the walks.

It inspired me creatively, and made me think about bringing grounded presence into my work with poorly children and hospital settings.

Thank you to everyone who made it happen. I would definitely come again."

Best, Melissa x



He knows not where he's going
for the ocean will decide.
It's not the destination
it's the glory of the ride.

'Zen Dog' William Monkton



Images from Hervé, Jos, Lu, Melissa, Paul & Sue W

DATES FOR YOU TO NOTE

'If Change is the Only Constant'

retreat with Kristina Gjems

Springhead Oct 9 - 11 2026

Springhead May 2027



