

# Complementary Health & Exercise

Summer 2012

FREE!

## 15 things you should give up to be happy



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



七星武道

## Manifest your dreams! Create a Vision Board



By selecting words and pictures of the things you wish to manifest in your life you can bring clarity, focus, and intent to your dreams; create your vision board and clarify your intentions!

Thursday, July 5<sup>th</sup> 6:30pm - 7:30pm



3 S. 260 Warren Ave,  
Warrenville, IL 60555

630 393 7279

## 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.

Saturday, July 7<sup>th</sup> 2:30 - 3:30pm

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

**COURTS PLUS**<sup>SM</sup>

## Complementary Health & Exercise

Summer 2012

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.



## T'ai Chi Sword

July 26<sup>th</sup> & September 27<sup>th</sup>  
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 Confucius

"Learn as though you  
would never be able to  
master it; hold it as  
though you would be in  
fear of losing it ."

## Editor's Notebook

The words of Confucius are very appropriate to the Practice of tai Chi; many new students struggle with the need to know what they are learning. And feel that they will never 'get it' and not get the benefits of practicing Tai Chi.

Most importantly you start to get the benefits from the moment you take part in your first class.

You are doing Tai Chi, it is happening now!

If you can let go of the 'need to know' that we have instilled in us from an early age; your Tai Chi practice will become a great deal more enjoyable, and you will actually learn faster.

Take the time to enjoy the journey rather than trying to rush to the destination. Flying from new York to San Francisco may be quick and efficient, but how much more would you see if you took a leisurely drive down backroads?

Our first Chinatown trip this year sold out before it was advertised, so make sure you get on the second on September 28th. Transport by luxury coach, tour and lunch is all included, for only \$26! Pickup will be at Wayne Township Offices in West Chicago.

*John Robertson*

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

# 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

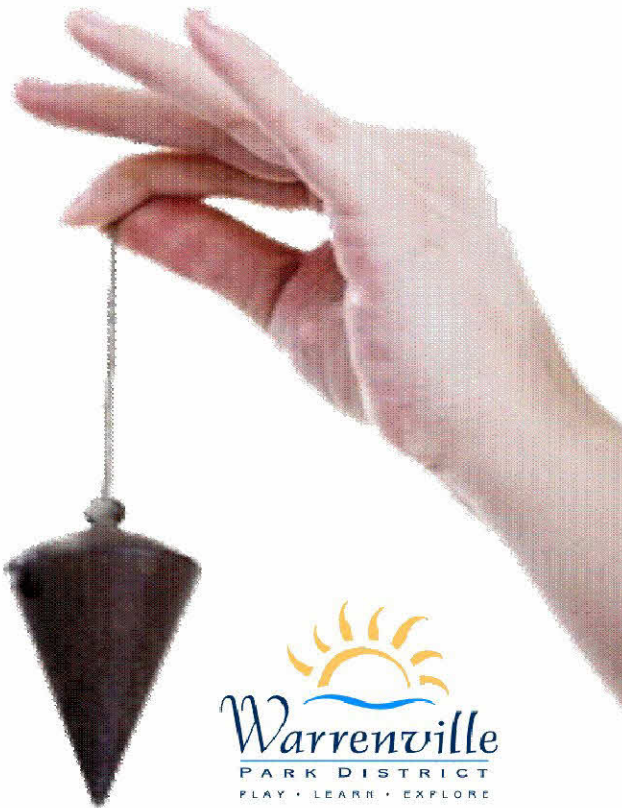
John@LearningLunches.org  
www.LearningLunches.org



Health and safety education in your location, at your convenience

# *The Magic of the Pendulum*

*Learn to communicate  
with the depths of  
your subconscious  
mind, tune into your in-  
tuition and tap the  
unlimited potential of  
your own mind*



Sunday, July 8<sup>th</sup> - noon—3:00pm

Warrenville Park District - 630 393 7279  
3 S. 260 Warren Ave, Warrenville, IL 60555

## Why have Bamboo?

The number of lucky bamboo stalks has different meanings and brings different beneficial factors into your life. The ingredients for a successful life are happiness, wealth and longevity.

ONE: stalk brings good fortune.

TWO: stalks bring love.

THREE: stalks bring happiness, wealth, and longevity they also represent the past, present, & future.

FOUR: stalks is not used, it is considered bad luck as the number four sounds like the word "death" in Chinese.

FIVE: stalks represent the five different parts of life from which wealth spurs.

SIX: stalks, which sounds like "Luck" in Chinese, brings prosperity and favourable conditions.

SEVEN: stalks bring good health.

EIGHT: stalks sounds like "Fah" which means to grow, thrive brings growth, wealth and abundance.

NINE: stalks bring general good fortune

TEN: stalks represent completion and perfection

TWENTY-ONE: stalks of Lucky Bamboo offer a very powerful all purpose blessing.

Lucky bamboo is often seen growing in unusual twisted, curved, or spiralling forms, these enhance its appeal and sense of mystery.

The plant does not grow this way naturally. The curving shapes are produced by laying the plants on their sides, with light directed from the top and shielded from each side, causing them to grow in one direction only toward the light and opposite gravity.

The plants are rotated regularly to encourage the spiralling form. Naturally, this is a time-consuming and labour-intensive process which justifies the somewhat higher prices commanded by shaped lucky bamboo.



# Don't let stress stress you out



 **ROSELLE PARK DISTRICT**

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

630 894 4200

Thursday, July 5<sup>th</sup>  
7:00pm - 8:30pm

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



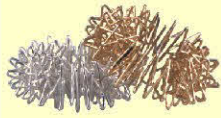
**Sunset Knoll  
Recreation  
Center**

Lombard Park District  
820 S. Finley Road.  
Lombard, IL 60148

630 620 7322

Tuesday, August 28<sup>th</sup>  
7:00pm - 8:30pm

# Self-care Store



Fingits for your digits - \$3

Fantastic Fingers - \$8



Stress Grip - \$8



Positive Putty - \$8



Spine Aligner - \$25



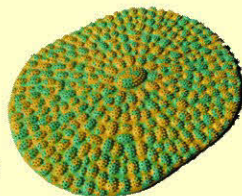
Chi Rollers - \$28

Mini Chi - \$15

Footsie - \$12 or Mini Footsie - \$8



Reflexology Pad - \$25



To order call 630 229 4434

or buy online at  
[www.7StarsMA.com/Webstore.html](http://www.7StarsMA.com/Webstore.html)

Full catalogue available online  
and from your instructor

## Bamboo Care

Caring for lucky bamboo plants is very easy. Typically, they are grown in a few inches of clear water, perhaps supported by small pebbles, stones, or marbles. It is important that the water be kept clean and fresh and not allowed to stagnate.

In areas where the local water is heavily treated with chlorine or fluoride the leaf tips or edges of the lucky bamboo may become yellow or brown.

This condition can also be caused by too many salts in the water, such as in "softened" water. It is advisable to allow tap water to stand in an open container for 24 hours, allowing the chlorine and fluoride to dissipate, before using it with your plants. In the presence of salts, it is best to use filtered or distilled water.

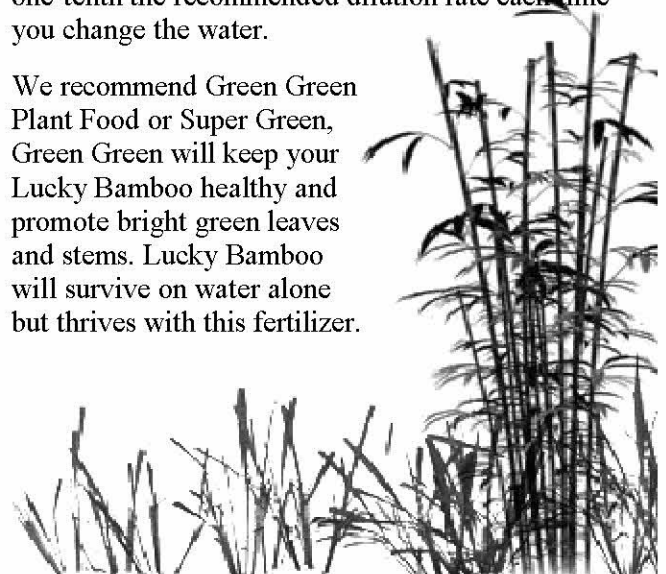
Appropriate light levels are also an important factor in caring for lucky bamboo. The plants grow naturally under the shady canopies of taller rainforest trees. Thus, they prefer an indoor location with bright, indirect light.

Bamboo performs well under artificial lighting. Too much direct sun can cause burning of the leaves. Too little light will lead to weak growth, stretching and poor coloration. Normal household temperatures are ideal.

Since water contains no nutrients per se, the best care for lucky bamboo plants includes the occasional use of a dilute solution of plant food. Without soil to buffer the fertilizer salts, the roots are susceptible to burning if the solution is too strong.

You can use any standard house plant food at about one-tenth the recommended dilution rate each time you change the water.

We recommend Green Green Plant Food or Super Green, Green Green will keep your Lucky Bamboo healthy and promote bright green leaves and stems. Lucky Bamboo will survive on water alone but thrives with this fertilizer.





# 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.

Including:

5 Oriental Rules of Health & Vitality

The Eight Pieces of Brocade

The Frolics of the Five Animals

T'ai Chi Qigong Shibashi

Discover the Secrets of  
Chinese Health Balls

The Six Healing Sounds

Healthy Living with the Seasons

Coming Winter of 2013!

For dates & to register:

[www.7StarsMA.com/](http://www.7StarsMA.com/)

[OrientalWisdom.html](http://OrientalWisdom.html)

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



# Air Purifying House Plants

Taken from various sources on the web



1. Bamboo Palm: According to NASA, it removes formaldehyde and is also said to act as a natural humidifier.

2. Snake Plant: Found by NASA to absorb nitrogen oxides and formaldehyde.

3. Areca Palm: One of the best air purifying plants for general air cleanliness.

...

4. Spider Plant: Great indoor plant for removing carbon monoxide and other toxins or impurities. Spider plants

are one of three plants NASA deems best at removing formaldehyde from the air.

5. Peace Lily: Peace lilies could be called the “clean-all.” They’re often placed in bathrooms or laundry rooms because they’re known for removing mold spores. Also know to remove formaldehyde and trichloroethylene.

6. Gerbera Daisy: Not only do these gorgeous flowers remove benzene from the air, they’re known to improve sleep by absorbing carbon dioxide and giving off more oxygen over night.



# 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

All students meet every  
Monday at 8:00pm  
July 23<sup>rd</sup> & September 24<sup>th</sup>

Continuing students meet every  
Tuesday at 12:30pm  
July 24<sup>th</sup> & September 25<sup>th</sup>

Beginner students meet every  
Thursday at 12:30pm  
July 26<sup>th</sup> & September 27<sup>th</sup>

Call: 630 833 5064

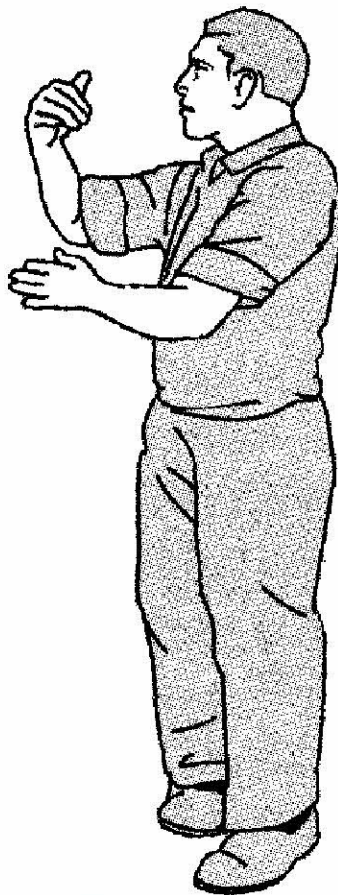
## In Lombard

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

Beginner students meet every  
Monday at 5:00pm  
July 23<sup>rd</sup> & September 24<sup>th</sup>

Continuing students meet every  
Monday at 6:00pm  
July 23<sup>rd</sup> & September 24<sup>th</sup>

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  
July 24<sup>th</sup> & September 25<sup>th</sup>

Continuing students meet every  
Tuesday at 10:05am  
July 24<sup>th</sup> & September 25<sup>th</sup>

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  
July 24<sup>th</sup> & September 25<sup>th</sup>

Continuing students meet every  
Thursday at 2:00pm  
July 26<sup>th</sup> & September 27<sup>th</sup>

Call: 630 834 8970



# ROSELLE PARK DISTRICT

# 15 things you should give up to be happy

By Dana—The Purpose Fairy

Here is a list of 15 things which, if you give up on them, will make your life a lot easier and much, much happier.

We hold on to so many things that cause us a great deal of pain, stress and suffering – and instead of letting them all go, instead of allowing ourselves to be stress free and happy – we cling on to them.

Not anymore. Starting today we will give up on all those things that no longer serve us, and we will embrace change.

Ready? Here we go:

## 1. Give up your need to always be right

There are so many of us who can't stand the idea of being wrong – wanting to always be right – even at the risk of ending great relationships or causing a great deal of stress and pain, for us and for others. It's just not worth it.

Whenever you feel the 'urgent' need to jump into a fight over who is right and who is wrong, ask yourself this question: "Would I rather be right, or would I rather be kind?" Wayne Dyer. What difference will that make? Is your ego really that big?

## 2. Give up your need for control

Be willing to give up your need to always control everything that happens to you and around you – situations, events, people, etc. Whether they are loved ones, coworkers, or just strangers you meet on the street – just allow them to be. Allow everything and everyone to be just as they are and you will see how much better will that make you feel.

*"By letting it go it all gets done.  
The world is won by those who let  
it go. But when you try and try,  
The world is beyond winning."*

Lao Tzu

## 3. Give up on blame

Give up on your need to blame others for what you have or don't have, for what you feel or don't feel. Stop giving your powers away and start taking responsibility for your life.

## 4. Give up your self-defeating self-talk

Oh my. How many people are hurting themselves because of their negative, polluted and repetitive self-defeating mindset? Don't believe everything that your mind is telling you – especially if it's negative and self-defeating. You are better than that.

*"The mind is a superb instrument if  
used rightly. Used wrongly, however, it  
becomes very destructive."*

Eckhart Tolle

## 5. Give up your limiting beliefs

about what you can or cannot do, about what is possible or impossible. From now on, you are no longer going to allow your limiting beliefs to keep you stuck in the wrong place. Spread your wings and fly!

*"A belief is not an idea held by the  
mind, it is an idea that holds the mind"*

Elly Roselle

## 6. Give up complaining

Give up your constant need to complain about those many, many, maaany things – people, situations, events that make you unhappy, sad and depressed. Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to.

It's not the situation that triggers those feelings in you, but how you choose to look at it. Never underestimate the power of positive thinking.

## 7. Give up the luxury of criticism

Give up your need to criticize things, events or people

that are different than you. We are all different, yet we are all the same. We all want to be happy, we all want to love and be loved and we all want to be understood. We all want something, and something is wished by us all.

### 8. Give up your need to impress others

Stop trying so hard to be something that you're not just to make others like you. It doesn't work this way. The moment you stop trying so hard to be something that you're not, the moment you take off all your masks, the moment you accept and embrace the real you, you will find people will be drawn to you, effortlessly.

### 9. Give up your resistance to change

Change is good. Change will help you move from A to B. Change will help you make improvements in your life and also the lives of those around you. Follow your bliss, embrace change – don't resist it.

*"Follow your bliss and the universe  
will open doors for you where  
there were only walls"*

Joseph Campbell

### 10. Give up labels

Stop labeling those things, people or events that you don't understand as being weird or different and try opening your mind, little by little. Minds only work when open.

*"The highest form of ignorance is  
when you reject something you  
don't know anything about."*

Wayne Dyer

### 11. Give up on your fears

Fear is just an illusion, it doesn't exist – you created it. It's all in your mind. Correct the inside and the outside will fall into place.

*"The only thing we have to fear,  
is fear itself."*

Franklin D. Roosevelt

### 12. Give up your excuses

Send them packing and tell them they're fired. You no longer need them. A lot of times we limit ourselves because of the many excuses we use. Instead of growing and working on improving ourselves and our lives, we get stuck, lying to ourselves, using all kind of ex-

cuses – excuses that 99.9% of the time are not even real.

### 13. Give up the past

I know, I know. It's hard. Especially when the past looks so much better than the present and the future looks so frightening, but you have to take into consideration the fact that the present moment is all you have and all you will ever have.

The past you are now longing for – the past that you are now dreaming about – was ignored by you when it was present. Stop deluding yourself. Be present in everything you do and enjoy life. After all life is a journey not a destination. Have a clear vision for the future, prepare yourself, but always be present in the now.

### 14. Give up attachment

This is a concept that, for most of us is so hard to grasp and I have to tell you that it was for me too, (it still is) but it's not something impossible. You get better and better at with time and practice.

The moment you detach yourself from all things, (and that doesn't mean you give up your love for them – because love and attachment have nothing to do with one another, attachment comes from a place of fear, while love... well, real love is pure, kind, and self less, where there is love there can't be fear, and because of that, attachment and love cannot coexist) you become so peaceful, so tolerant, so kind, and so serene.

You will get to a place where you will be able to understand all things without even trying. A state beyond words.

### 15. Give up living your life to other people's expectations

Way too many people are living a life that is not theirs to live. They live their lives according to what others think is best for them, they live their lives according to what their parents think is best for them, to what their friends, their enemies and their teachers, their government and the media think is best for them.

They ignore their inner voice, that inner calling. They are so busy with pleasing everybody, with living up to other people's expectations, that they lose control over their lives. They forget what makes them happy, what they want, what they need...and eventually they forget about themselves. You have one life – this one right now – you must live it, own it, and especially don't let other people's opinions distract you from your path.

# 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 Glendale Heights

The Sports Hub  
250 Civic Center Plaza,  
Glendale Heights, IL 60139

Wednesday at 6:00pm  
July 25<sup>th</sup> & September 12<sup>th</sup>

Call: 630 260 6060

## In Lombard

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

Wednesday at noon  
July 25<sup>th</sup> & September 26<sup>th</sup>

Call: 630 620 7322

## In Wood Dale

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

Thursday at 11:00am  
July 26<sup>th</sup> & September 13<sup>th</sup>

Call: 630 595 9333

*Now at  
Bensenville  
&  
Wood Dale!*

## In Elmhurst

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

Wednesday at 11:15am  
August 8<sup>th</sup> & September 19<sup>th</sup>

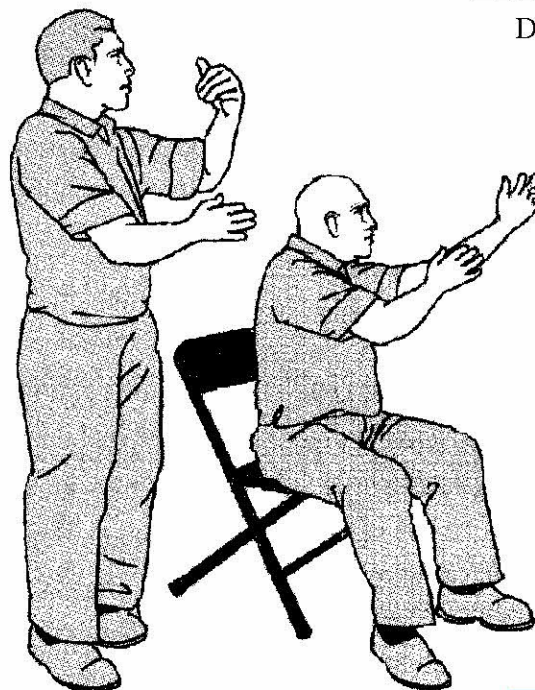
Call: 630 833 5064

## In Bensenville

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

Tuesday at 11:00am  
July 24<sup>th</sup> & September 11<sup>th</sup>

Call: 630 620 7322



Tai Chi for Health is suitable for all ages and abilities.



Participants may choose to sit or stand during class as they need.



# Ways to Stay Young

Taken from numerous sources, including our own!

Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."

Keep only cheerful friends. The grouches pull you down.

Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

Learn different things, don't keep doing the same thing.

Enjoy the simple things.

Laugh often, long and loud. Laugh until you gasp for breath.

The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

Tell the people you love that you love them, at every opportunity.

Reduce stress. Too much has an unbelievable way of quickly aging people. Completing ridding our lives of stress is impossible. On the other hand, we can adopt simple techniques for better coping with life's problems.

Reduce Chaos. A cluttered or junky home, office, and car can make your life feel chaotic. Begin cleaning up your life by first cleaning up your surroundings. Get organized.

*Life is not measured by the number of breaths we take, but by the moments that take our breath away.*

## Over 65? Your chance of falling in the next year is 1 in 3



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

What to do if you fall; and what steps you can take to improve your balance and reduce your risk of falls.

Thursday, Sept 6<sup>th</sup>  
10:30am - noon



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

# Falls?

They don't have to  
happen to you



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, July 29<sup>th</sup>  
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, August 26<sup>th</sup>  
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, October 7<sup>th</sup>  
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!

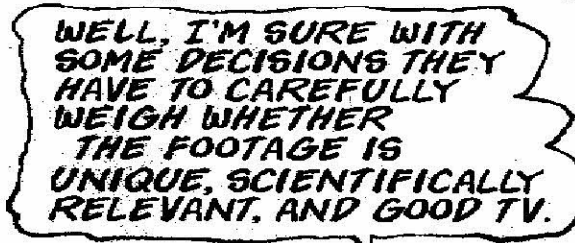
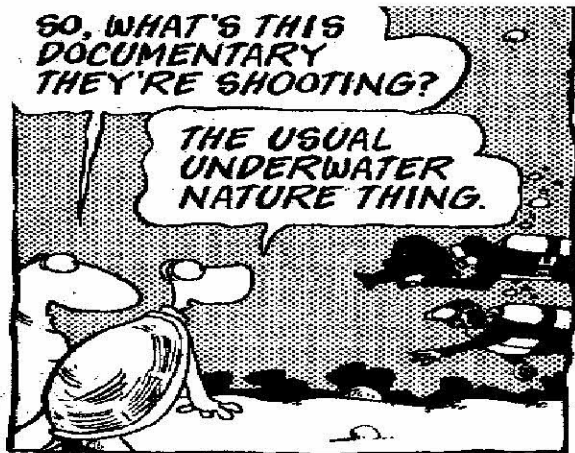


七星武道

The Lighthouse Center, 165 S. Church Street, Winfield

Call 630 229 4434 or register online at:  
[www.7StarsMA.com/Metaphysicsclasses/Reiki.html](http://www.7StarsMA.com/Metaphysicsclasses/Reiki.html)





# Chinese Health Balls

Chiming chrome sets only \$10!



available in  
1", 1¼", 1½", 1¾" 2" & 2¼"

Cloisonné enamel sets only \$12!



Available in 1¼", 1½" & 1¾"

Sun & Moon  
Yin & Yang  
Dragon & Phoenix  
Panda's  
Dolphin's



Solid steel from \$20!

1", 1¼", 1½" & 1¾" - \$20  
2" & 2¼" - \$25

Jade from \$20!

Yellow jade - \$20  
Cloudy green jade - \$25



Black jade - \$30  
Translucent jade - \$35



Marble - \$15

Agate - \$40



This is just a selection of our stock - which is constantly changing! Call to confirm availability!

630 229 4434

John@7StarsMA.com

[www.7StarsMA.com/webstore/healthballs.html](http://www.7StarsMA.com/webstore/healthballs.html)

# 50 Secrets



of the world's



longest living people



Saturday, July 7<sup>th</sup>  
9:00am - 11:00am

The Sports Hub  
250 Civic Center Plaza,  
Glendale Heights, IL 60139



630 260  
6060



Wednesday, August 8<sup>th</sup>  
7:00pm - 9:00pm

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



630 620 7322



**Courts Plus**  
186 S. West Avenue,  
Elmhurst, IL 60126  
630 833 5064  
2:00pm - 4:00pm  
Thursday, September 6<sup>th</sup>





# How much Water Should I Drink?

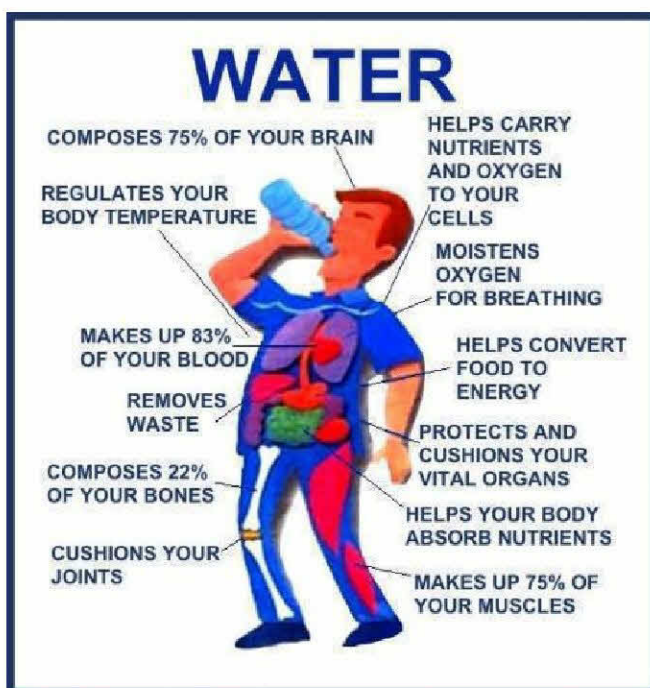
John Robertson

All too often when asking someone how much water should you be drinking each day I get the answer '8 glasses', sometimes I get '8 eight-ounce glasses'.

Unfortunately this standard has become well known, however; imagine an older lady maybe 5'4" tall and weighing 120 pounds, and a football player in their 20's maybe 6'6" tall and weighing 230 pounds of muscle. Should each one of those drink 8 eight-ounce glasses of water each day? The lady would be off to the rest room every 5 minutes, and the football player would have gone through his by brunch.

We all need to tailor our water consumption to our size. A good guideline to use is to take your body weight in pounds and divide that by 2; that is the number of ounces of water you should be aiming to consume each day.

You will get some from food, tea and soup; however some drinks dehydrate you, such as alcohol and coffee. For each ounce of those you drink you should add an additional ounce of water.



## Chinatown Trip



Join us for a walking tour around Chicago's Chinatown; see the sights and enjoy lunch!

See:

CHINATOWN SQUARE  
CHINATOWN PAVILION  
NINE DRAGON WALL  
CHINATOWN GATE  
WENTWORTH AVENUE  
HOUSE OF FORTUNE RESTAURANT  
SUN YAT-SEN PARK

Only \$26! This includes:  
Pick up in Wayne Township  
Luxury coach transport  
Lunch & taxes

See your instructor to register

**Friday, September  
28<sup>th</sup> 9:00-2:30pm**

# 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**



# Event Calendar

[www.7StarsMA.com/SevenStarsStudents.html](http://www.7StarsMA.com/SevenStarsStudents.html)

## TheosoFEST

September 8<sup>th</sup> ~ 10:00am - 5:00pm  
The Theosophical Society in Wheaton

## Tai Chi Chuan Fall Vacation

September 9<sup>th</sup> ~ September 23<sup>rd</sup>  
No Tai Chi Chuan classes, Tai Chi for Health OK

## Chinatown Trip

Friday, September 28<sup>th</sup> ~ 9:00am - 2:30pm  
Chicago Chinatown

## Tai Chi Qigong Shibashi

September 30<sup>th</sup> ~ 9:00am - 2:30pm  
Relax4Life in Barrington



## Holistic Health Fair

Sunday, September 30<sup>th</sup> ~ 10:00am - 5:00pm  
Soup to Nuts in Geneva

## Annual Student Dinner

Tuesday, November 20<sup>th</sup> ~ 2:00 - 4:00pm  
Jack's Silverado Grill in Elmhurst



## The Cultures of Tea

Wednesday, March 13<sup>th</sup> 2013 ~ 2:00pm - 6:00pm  
The Tea House in Naperville

## World Tai Chi Day

Saturday, April 27<sup>th</sup> 2013 ~ 9:00-11:00am  
Theosophical Society in Wheaton



## Tai Chi Spring Gathering

Saturday, April 27<sup>th</sup> 2013 ~ 1:00pm - 4:00pm  
Creeside Park / Lighthouse Center in Winfield

## Relay for Life

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



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



# 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*

**Saturday, July 7<sup>th</sup> 1:00-2:00pm**

Courts Plus, 186 S. West Avenue, Elmhurst, IL 60126  
~ To register call 630 833 5064

**Friday, August 10<sup>th</sup> noon - 1:00pm**

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

**Wednesday, June 6<sup>th</sup> 6:00-7:00pm**

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!**



# 8 Step Tai Chi

The 8 Step Tai Chi is a shorter more 'compact' version of the 24 posture form taught in our Tai Chi Chuan classes.

It requires less time and physical space and is great for those without the room to practice the 24 form.

Saturday, August 25th  
9:00am– 2:30pm



七星  
武道

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

Call 630 229 4434 or register online at:

[www.7starsma.com/taichiclasses/8steptaichi.html](http://www.7starsma.com/taichiclasses/8steptaichi.html)