



# *The Aura*

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## NEWSLETTER 142

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### *July 2019*

### **What went behind.....**

“One day I will find the right words, and they will be simple” said I to my muse. ‘The Zen of good writing’ workshop by writer, editor and journalist Suma Varughese was just the right place to be to hone our skills. An amazing teacher , she stressed on the importance of being clear, brief and simple to be a good writer. The participants worked their way through numerous exercises which tickled their creativity and let the thoughts flow into words.

The first day was an introductory session for The Aura . The paid workshop on the second day saw overwhelming response by The Aura and non Aura members. Your feedback on our meetings will help us deliver the best.

### **What Lies Ahead.....**

“The soft and pliable will defeat the hard and strong”, unbelievable, but true. Come find out for yourself at our next meeting as we bring to you Tai Chi, an alternative exercise and a form of Chinese martial art.

Tai Chi was originally designed for self defence , but evolved into a graceful form of exercise which promotes serenity, through gentle flowing movements. Dr Sunil Srinivasan an avid practitioner in Trichy conducts workshops on happiness training and fitness for life. It is believed Tai chi can make big improvements in balance, flexibility, muscle strength, and reduce the risk of falls in older people. Ladies, tune your body and evolve with Tai Chi.

Wednesday, 10<sup>th</sup> July 2019

11 am

Hotel Sangam, Trichy

Fighting Fit With Tai Chi

Dr Sunil Srinivasan

Paediatrician / Tai Chi instructor.



## *The Aura* **NEWSLETTER**

The only bad workout  
Is the one  
That didn't happen.  
It's not easy  
But it's always worth it.

You may come dressed  
in comfortable loose  
clothing for the Tai chi  
exercises.

### **The Executive Committee**

**Mythily Ramanan - 98430 54925**  
**Rajalakshmi Rajesh- 97910 13401**  
**Rajeshwari Ramakrishnan- 2415687**  
**Subha Rengarajan - 98424 08099**  
**Vidhya Madhan- 99444 52100**  
**Vrinda Ramanan- 94432 59747**  
**Supported by-**  
**Smitha Ananth 94438 40990**



**JULY**

Rama R	1 <sup>st</sup>
Bala Shalini Devi	1 <sup>st</sup>
Asma Mariam	7 <sup>th</sup>
Devi R	11 <sup>th</sup>
Vijayarani P	15 <sup>th</sup>
Aparna Subramanian	21 <sup>st</sup>
Akila Shankar	21 <sup>st</sup>
Vidhya M	27 <sup>th</sup>
Rupa Mathew	28 <sup>th</sup>
Yasodha K	28 <sup>th</sup>



### **To Reach us ...**

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