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## CTHA Newsletter April 2013

Greetings,

We are having a busy springtime here with all of our normal activities, office visits and classes and our new Environment Based Movement class starting this weekend! I also have the details for you on an exciting new program that we will be starting next month on understanding health and the normal functioning of the body.

I decided to teach this class as it is a topic that keeps coming up again and again, whether I am talking to clients, students or practitioners. Yet, it is surprisingly hard to get a systematic view of what the normal processes of human life are from this point of view, even in the acupuncture colleges. Understanding the normal activity of our life gives us a way to maintain that activity, identify when it starts to go astray, and return us back to health as soon as possible. I have more details on the new class below if you are interested.

Along the same theme, the feature article of this newsletter is "What is Normal?" I hope that you find it useful and enjoy it. The full length article, including exercises is available now in our member section.

Our membership program is continuing to support care for many clients that would otherwise not be able to afford traditional Chinese health care. We work out an individualized arrangement with each person so that they are able to get high quality care in a way that they can afford, regardless of there circumstances. Again, thank you to our members and if you are interested in joining our membership program you can visit [here](#).

Scroll down for the new class information and article, then let me know if you have any thoughts or questions.

All my best,  
Sean

Sean Fannin, C.H., Dipl.CEM  
Center for Traditional Health Arts



### **Moving in Accordance with Nature: Normal physiology and health within traditional Chinese medicine.**

A unique class meeting in 6 afternoon sessions, one meeting a month, covering health and the normal functioning of the body, mind and energetics within TCM.

This program emphasizes understanding and



### **What is Normal? by Sean Fannin**

[Direct link to full article for members here.](#)

Without thinking about it, we get to know the baseline or normal activity level of any environment in which we regularly spend time. Think about your house. If someone moves something out of its normal place, you will usually notice it pretty quickly. The more time we consciously spend paying attention

recognizing the normal movements of life as the basis for qigong, bodywork, acupuncture, herbal medicine, nutrition, and so on.



In this program we'll move from the more general view of qi within nature and humanity to the specifics of how we grow, develop, renew and maintain ourselves. The core of this is based on step by step progressions for building an understanding of the normal processes of human life.

This course is for:

Those interested in understanding their own health

Qigong and taiji practitioners and teachers

Those thinking of going to acupuncture school

Current students in acupuncture school

Acupressure and bodywork professionals and students

Acupuncturists who would like to study the norm vs pathology

Other medical professionals who would like to understand the theoretical basis of TCM.

The first meeting of the class will be on May 25 from 1pm to 3pm.

For more details please visit our [class/update page](#)

to our environment, the deeper that knowledge and relationship will be. This is why spending time in nature (even if it is sitting outside on a front step) is so valuable: we are building our relationship with all of the natural processes and specifically with the place around us. This happens through an understanding of what the normal patterns of activity are and when those patterns are being followed (or not).

Understanding our own baseline of activity is equally important. The baseline of activity within the body is the rhythm at which all of the physical, mental and emotional activities function during our regular days and nights. This rises and falls according to the time of day, season and our own circumstances. However, an easy way to think about this normal activity level is that it is the level at which we are not expending any more energy than is necessary to accomplish all of our basic functions.

All of nature is oriented towards efficiency. The natural grace that we admire in the movement of an animal is based on efficiency of energy, keeping to the baseline of activity as much as possible. The end result is the graceful and fluid flight of a bird for example, but the source of that grace is in the conservation of energy. No more energy is expended than is necessary and the animal returns back to its baseline as quickly as possible.

Unfortunately, most of us are not flying quite so gracefully. We end up in an overactive state with an elevated baseline, burning our inner resources at an alarming rate and feeling stressed, inflamed and tired. It may sound like a good idea to use our energy efficiently, but where do we start and how do we even know what the norm is?

We can begin, as is often the case within traditional Chinese medicine, with quietness. Specifically with learning to quiet the extra activity within us. When we start to slow down the breath, the body and the mind, we can begin to settle in to our baseline. Doing this regularly is important, as each time we do it we are training the body to recognize our baseline and return back to it efficiently...

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