



Hi there and blessings for a fantastic 2010 from all of us at Wu Tao!

We want to offer you the opportunity to increase your health and well-being this year by dancing Wu Tao!

Wu Tao is a gentle and beautiful way to bring you home to your Self. It balances and tones your body and at the same time brings you back into balance emotionally, mentally and spiritually. Going to a Wu Tao Class is a wonderful way to revitalise and heal.

Want to do something to get rid of those few extra kilos gained from holiday celebrating? Are you carrying issues and attitudes that you are ready to let go of to make room for more joy and abundance in your life? Is your body feeling sluggish or tired? Do you need more clarity and focus to do the things you want to do?

Wu Tao can help with all these things. A Wu Tao class will give you the time and space to nurture your spirit, connect back to what is important to you and bring all aspects of your Self back into harmony and balance. A class will leave you feeling centred, grounded, focused, energised, joyful and peaceful.

We (Wu Tao Instructors everywhere!) cant wait to be dancing with you because it gives us an opportunity to dance ourselves into balance as we share it!

So here's what coming up in WA over the next few months:

Wu Tao Get -Together

When: Saturday 23rd January in Boolyburra Park. Corner of Steven St and Montreal St White Gum Valley

Time: 4pm - whenever.

Lets dance our way into the new year (with gratitude and joy of course!) and then enjoy each other's company and lots of food! Everyone welcome!

Bring food and drink to share. (There are barbeques at the park) Bring your partner and children too.

RSVP Michelle 0417 989 397 michelle@wutaodance.com



**25-29 January Wu Tao Summer Intensive (Mon-Fri) with Michelle Locke
Boolyburra Park Cornerr of Steven and Montreal White Gum Valley
6-7.30pm every evening.**

Immerse your body and soul in the Dance of Life! Renew and prepare yourself for the year ahead.

This course for beginners and advanced students alike, will take you deep into your Self, using Wu Tao, guided ritual and meditation processes.

You will gain strength, focus and clarity of mind, ready to live your highest vision for yourself in 2010.

Bring a journal and coloured pencils/pens.

Investment is \$120 for the full course.

Bookings essential

Call Michelle to book on 0417 989 397 or email michelle@wutaodance.com



Wu Tao for Two Weekend Workshop

20-21st February 10-4pm

Are you in a relationship and looking to enhance and nourish your connection with your beloved? Come and join us for a beautiful weekend of dance, fun and relaxation!

Reconnect, play and enjoy each other! [Click here to download information and registration form](#)

Venue TBA

Investment: \$595+gst per couple

Special offer: first 5 couples to book will receive a free 1 hour relationship consultation to help you integrate what you learn in the weekend into your life! (valued at \$150)

Contact: Michelle 0417 989 397 email info@wutodance.com

Wu Tao for Two Dance Evenings with Steve and Michelle

1st Wednesday of the month (3/2, 3/3, 7/4. 5/5 etc) 6 - 7.30pm

East Fremantle Lawn Tennis Club

Yes its happening! A regular class for couples to dance and deepen into your love connection, AND work your body at the same time!

We will focus on 1 dance every week and then do the complete cycle, spending time looking at the qualities of each dance and how they can be used to enrich our relationships. Would love to see you there!

Investment: \$40 per couple

Call Michelle 0417 989 397 or email info@wutaodance.com to book

Professional Development Courses

We are committed to providing high quality training in Wu Tao Dance and affiliated subjects to teachers and students of Wu Tao for both professional development and general learning interests.



Course in Inner Transformation (Home Study)

Would you like to practice Wu Tao and deepen into your true Self in your own time? The Course in Transformation can help you do that. It can also be accredited towards the Wu Tao Instructor training course.

Bring about lasting change in 2010. This course will nourish your heart and soul. The **Course in Inner Transformation** will help you remember what is true and what is not. It will give you an opportunity to deepen your connection to Life and the Life-force energy through using the Wu Tao dances, process work, meditation and creative self expression. This program will give you a space in which you can truly come to know yourself as one with Life energy flowing through your body and you will begin to be able to surrender ever deeper to this movement of energy.

This course will give you:

- The ability to flow with Life as it manifests.

- Increased energy levels, as blocked energy is freed up in the body.

- Greater trust in Life and in your own process.

- An ability to move through difficult situations both internal and external with greater awareness and less resistance

- A sense of inner peace.

- Emotional and mental balance

- Increased physical well-being

If you are looking to create more peace, nourishment, gentleness, beauty and harmony in your life, please click on this [link to the Course in Inner Transformation](#). You can start the course anytime and will be mentored through it by Michelle Locke, creator of Wu Tao.

Special offer! Enrol before March 2010 and receive 2 private 1 hour Wu Tao healing sessions with Michelle Locke. These sessions will be individually tailored to your needs and assist you in transforming and releasing old patterns blocking your flow of energy.



Foundations of Traditional Chinese Medicine (Home Study)

Would you like to learn about Traditional Chinese Medicine?

Are you a student of Wu Tao wanting to deepen your understanding of the principles of TCM and integrate these into your dance practice?

Are you a health practitioner interested in exploring the principles and philosophy of Traditional Chinese Medicine?

This Course introduces you to the foundations of Traditional Chinese Medicine including:

- Taoist philosophy,
- The concept of Qi,
- Dynamics of Yin/Yang,
- The Five Element Theory
- 12 meridians and much more

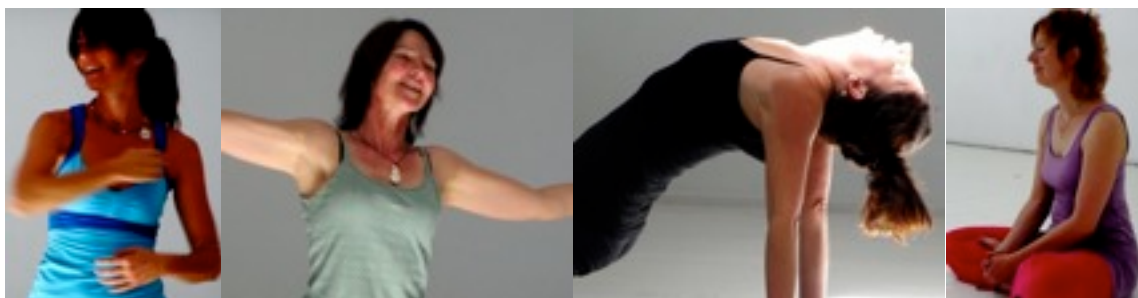
The course will guide you to an understanding of Oriental Medicine and will assist you to begin to integrate these principles into your daily life. If you are a student of Wu Tao, it will help you deepen into your dance practice by bringing theory and experience together.

This course can be accredited towards the Wu Tao Instructor Training.

Special Offer. Enrol before March 2010 and receive 2 telephone or private consultations with Michelle Locke to help you integrate and clarify your knowledge of TCM.

Click this link to download the [information package here.](#)

Instructor Training



Interested in becoming an Instructor?

Becoming a Wu tao Instructor is one of the best ways to nurture yourself and your community.

Click here to download the [2010 information package](#) and start your course now. The course will change your life and give you the skills to help others find balance and health. **Next Perth Intensive Dates are: 13-16 October & 26-28 November (total 7 days)**



Food as Medicine (Home Study)

This course is an external study course that has been designed to give you an understanding of the principles of Chinese Medicine and how to use diet and food to balance and build energy (Qi). It will give you the tools to apply this understanding through the way you cook and share food. [Click here for more information.](#)

Special Offer! Enrol before March 2010 and receive 2 telephone or private consultations with Michelle Locke to help you integrate and clarify your knowledge of Food Medicine.

To keep your energy balanced in Summer, do these Makko Ho stretches for the Heart and Small Intestine a few times a week.



We look forward to seeing you at a Wu Tao event soon!

Best wishes

Michelle Locke and Wu Tao Admin