



# NATSU MURA DOJO NEWS

125 S. Main Street, Summerville, SC

Volume 1

Dec. 1, 2009

## HAPPY HOLIDAYS!

We want to thank all of you for your business and support, not only this year, for all the years that we have been in the Summerville area.

This season gives us the opportunity to remember all those that make our life special. All of you are family to us and we want to take this time to thank you for making each day a little brighter with your presence. We have all shared some intense moments and we definitely have shared some exciting and stranger than truth moments too! What fun we have had.....what a great journey!

This last year has been very exciting. Lots of changes and growth have occurred and we are anticipating much more growth in 2010. Never a dull moment ! There's so much going on here and we want you to be the first to know and enjoy all the possibilities.

Remember that we are a full service dojo meaning that we provide all aspects of martial

arts training. This includes energy dynamics, energy physics of the body , qigong and healing modalities. We provide the opportunity for you to become centered in your physical, mental, emotional and spiritual ...the body, mind, and spirit.

### Sacred Weigh



**Loss**, authored by Sensei Stech is not only about physical weight loss it is about getting rid of all the "extra baggage" that we all carry. People have reported successfully achieving pounds of weight loss easily and effectively.

This combined with YAC,

Your Actual Container is a way for you to find your true self. Plan to enhance your learning this year with Sensei's lectures, courses and additional seminars.

**Resources Unlimited** is our company name and you will see it displayed and on our answering machine. Our State -of-the-Art Healing Arts include:

**BodyTalk™, Reflexology  
Lymphatic Drainage, Reiki,  
Light Language ,Qigong,  
Sacred Weight Loss, The  
Wave**

www.resourcesunlimited1.com. Please remember to check our announcement page for classes and upcoming dojo events on www.natsumura.com. May your Christmas be filled with Blessings, Peace, Light, Love and Happiness!

From our family to yours:

**MERRY CHRISTMAS !  
New Year's Training  
December 31st -11pm-1am**



125 S. Main Street, Summerville, SC  
843-875-4543

- *Joyce Stech, Certified BodyTalk™ Practitioner, Certified Light Language Instructor, Certified Lymphatic DeCongestive Therapist, Reiki Master, Reflexology, NeuroLinguistic Programming, (NLP), Licensed Martial Arts Instructor , 7th dan*
- *Available for business lectures, staff meetings, community projects*
- *Private Instruction courses*
- *www.natsumura.com*

### Dojo Christmas Event—Friday, Dec. 18th

Tis the Season to be jolly! Come by the Dojo on Friday night, the 18th at 7pm and join the festivities. It is a Dojo tradition to bring an ornament with your name and date to put on the tree. Every year we put on the ornaments from years past as a remembrance of all the members of the Natsu Mura family. Then on Christmas Day the tree represents all of us being together on that blessed day. Come on by....who knows maybe I will bring the accordion!

\* Please bring a small gift to exchange—something fun for around \$10– age appropriate.

### Happy Holidays!



Joyce Stech  
Kyoshi, 7th dan



# WHAT IS QIGONG ?

So many of you have inquired as to “just what is qigong”?

Well, first of all, it can be pronounced chee-gong or key-gong depending on whether you pronounce it the Chinese way or the Japanese way. How you pronounce it isn't that important, what is important is what it does for you.

It is safe for all ages and all abilities. You can even do it in a chair or with physical handicaps. It can be adjusted to many situations, so excuses for NOT doing the exercise is a mute point.

Qigong is becoming more popular these days in the States. In China it can be seen executed in the public streets throughout

the day. It is great for stress relief, for realigning the body, for proper breathing techniques, for balancing the body, for physical ailments and will get your metabolism and lymphatic system moving, therefore ridding the body of dangerous toxins. Qigong also works on strengthening the immune system. It just makes you feel better all over.

The classes include 18 different breathing exercises and each class



offers a different teaching session of self-massage, alignment exercises, and energy techniques. Individual, private programs start with a six week commitment.

To get all the history and background contact us or buy the DVD or video—Beginner's Qigong with Joyce Stech.

The gift of health is precious not only for the recipient...the giver has the pleasure of the other's

## 2010—New Tools for New Rules

January 15, 16 and 17

### Cosmic “Get Your Rear In Gear” Class

Diane Thomas and Joyce Stech host a weekend that will rock your socks. Its practical uses and evolutionary tools that will aid you in giving you that kick in the butt to manifest your desires in 2010. It is time.

We will explore a number of

vibrational energy modalities and this is a “hands-on” class so you will be able to do these things to help yourself and your family members for better health, happiness and joy.

Practical uses, fun and discovery in all areas of your physical, mental, emotional and spiritual self are

pieced together to see the whole picture of the true you. Sacred geometry, crystals, seeing and feeling auras, changing personal patterns through light language, qigong, meditations, crystal gateway, and angelic realms will be experienced, discussed and shared. Discover your power



## New Year's Training 11pm-1am

**ONCE IN A BLUE MOON!** You've heard this expression before. It means rarely or once in a while. Well, December 31, 2009 will be the second full moon of December which makes it a blue moon. There will also be a partial eclipse of the moon this night...sorry it can not be seen from this continent. The native Americans called this moon a “snow” moon so we are having a “snow blue moon”, quite a rarity. Another rarity is the ability to train for two years in a row. So on Thursday, December 31st

from 11pm–1am we will be karate training to bring in the New Year. This is an Okinawan tradition for training for two years. Join us for two wholesome hours of training and tell your friends you trained for two years! (ha!ha!ha!). OR...if you are one of the students that only train ONCE IN A BLUE MOON....this is it! We'll expect to see you there!

Because of many events that come together on December 31st, 2009 the opportunity to manifest your goals this year are an almost guarantee. Please focus on what you want to materialize for you in 2010. Think about it...you

will get what you ask for. This requires thought so really think about what you want to happen. Bring this information with you before class and you will bring it into manifestation in 2010.

**GOAL SETTING SEMINAR**  
Thursday, December 31st  
10 pm

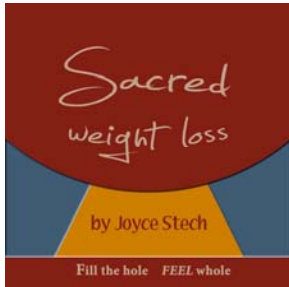
Prior to 11pm training



## TIME TO GET IN SHAPE !

Sacred Weight Loss—the Seminar

# January 23rd



Start the year on the forward path of your life.  
Wondering what you are really searching for in that refrigerator at night?

What are you searching for in your life?

Learn about the different "holes" and what and where and how they effect us.

Receive the vibrational energy tools that are effective, fun and a new way to remove the old patterns in your physical, mental, emotional and spiritual self.

\*learn how to handle refrigerator rage

\*discover the 14 plus reasons of WHY you are shoving those things in your mouth.

**10am - 4pm**  
**\$ 169**

This class includes personal 28 day plan, personal exercises, and personal sacred geometries to aid in the ease of sticking to and keeping with your personal plan.

**Bring a Friend and Start the New Year On the Right Track !**



## LIGHT LANGUAGE and ROYAL GEMS

Light Language is based on the light speed healing techniques of the Curanderos (Master Healers) of Mexico. The purpose of using Light Language is to have an in-depth understanding of how thought and concept effect our reality. The very building blocks are the energies of light and the form that we give them.

Light Language is a "caught" teaching. It cannot be learned just by reading a book about it or by watching a video. To

truly learn to work with Light Language requires sitting in the presence of a Light Language teacher. As the student sits in the trained teacher's presence, she/he subconsciously receives 10,000 pieces of information per minute out of the teacher's aura. This is what is called a "caught" teaching. The student literally catches the material being emanated out of the teacher's aura.

Beginners, Intermediate and Advanced

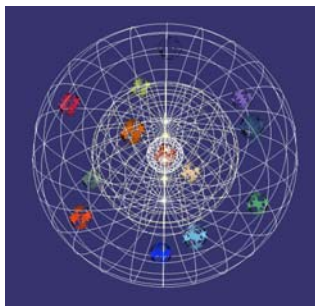
**Light Language classes** are offered in Charleston, SC, VA and Raleigh, NC. **Advanced Classes by appointment.** See calendar on our website for all details and other dates and locations.

Webinars are available for study at home classes. Contact 843-870-4462 or email [info@resourcesunlimited1.com](mailto:info@resourcesunlimited1.com)



## WAVE WATCHERS

**Tuesday, January 19th - 6:30pm—8:30 pm**



This class is so much fun and so effective you really want to be there!

An intro to parallel universes, wave theory, sacred geometry and energy dynamics.

The practical approach will involve healthy body image and appropriate weight management, rejuvenation, and youthing will be covered also! A face and body lift all in one.

User friendly and a fun class! Bring your friends.

**Two Fun Hours**  
**\$ 47**

# DOJO EVENTS

- December 5th and 6th — **Royal Gems 1 and 2** \$ 650 includes software
- December 16th - Green belt training at 6:30pm—8pm
- December 18th - **Christmas party drop-in 7pm** - bring a small gift to trade
- December 24th and 26th - Dojo closed for Christmas Holidays
- December 30th - Green belt training at 6:30pm—8pm
- December 31st - **Goal setting - 10pm**  
**New Year's Training - 11pm—1am**
- January 6th - Green belt training at 6:30pm—8pm
- January 13th - Green belt training at 6:30pm—8pm
- January 15th,16th,17th - **Cosmic "Get Your Rear In Gear" Class**  
\$ 495 at the door (save \$ 50 by registering by January 9th).  
*Out-of-towners— Stay at the Pink Dolphin—2 nights lodging, breakfast, and seminar \$ 695 or \$ 645 for early registration (includes taxes).*
- January 19th* - **Wave Watchers** \$ 47
- January 20th* - *Green belt training at 6:30pm—8pm*
- January 23rd* - **Sacred Weight Loss-the Seminar** \$ 169  
*10am—4pm*

*Please see the calendar pages for more specifics on [www.resourcesunlimited1.com](http://www.resourcesunlimited1.com)*

## DOJO INVESTMENT IN SELF

Please be advised of a tuition increase to take place on January 1, 2010. There has not been a price increase in about 6 years or more and there have been increases in our business supplies, etc. To meet this increase tuition rates will be \$ 75 per month for an individual and \$ 135 for a family. The family rate remains the same for 2 , 3 or more family members. There is a discount for paying one year in advance for both individuals and families.

For current students there is a one time discount for individual and family members. The savings are quite substantial and this is our way of saying thank you. They must be for one year, paid in advance. That fee is \$ 780 for an individual and \$ 1380 for a family (2+ members). If a family member is not currently training and wishes to train later in the year there is no additional charge. They will be required to purchase a uniform.

Fees are due the 1st of the month. For new members fees are prorated at time of registration.

If you have questions or need assistance in this matter please speak with Sensei Joyce Stech. Thank you. :)