

## Why San Miguel de Allende?

I have a personal connection with San Miguel going back a few years now. I first went there to record the albums *Blue Manifesto* and *Cow!* with Bobby Kapp. During my visits I also taught a couple small taiji workshops with locals and longtime students who came up from Mexico City (about a three hour drive or bus ride). I fell in love with the place and have always wanted to do something bigger there. It is warm, inexpensive, charming, and an artist's Mecca, with two major art institutes, lots of galleries and many North American and European artists-in-residence.



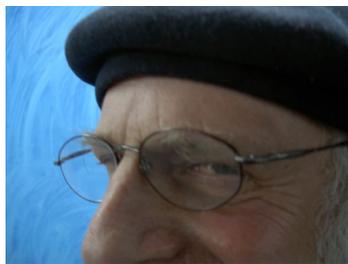
**San Miguel** was a Spanish colonial town built in the early sixteenth century, so the old town architecture is very European. At the same time the town is very Mexican—delicious food, great shopping and a laid back vibe—a town of 800,000 people with no traffic lights.

A lot of 'ex-pats', attracted by the atmosphere (Americans and Canadians form about 15% of the population), live in San Miguel giving it a relatively cosmopolitan flavour. The local policing is more reflective of the expectations of the foreign population than in other Mexican towns so things feel very safe and easygoing.

---

**There are oranges growing on trees and dogs on rooftops in San Miguel.**

**Bobby Kapp** is a dedicated taiji player who lives and works in San Miguel as a jazz musician. He has a small ranch on the outskirts of town and has invited me to hold the workshop there. There are also other lovely places in town to work,



including in a terraced park amongst fragrant plant-life. I'd like to mix it up a bit as far as places to practice. Bobby will act as our 'point-man' as far as logistics go, but I think most of you will be able to make your arrangements easily online.



---

I like the idea of a winter intensive where we can be outside all day, in t-shirts, and practice in the warmth and in the shade. To cover the entire Yang-style Taijiquan curriculum is a big chore and I think it will be a more pleasurable and productive intensive for having done it in San Miguel de Allende! —Sam



Push-hands practice in the terraced park.

馬希奇內家拳