



A Special Event for Students of Linda's T'ai Chi

Nature Bathing

With a gracious invitation from Max and Carol, we are planning a "Nature Bathing" event in August 2020. The exact date is pending but will be held on a weekend.

Max and Carol have offered their beautiful property to allow us to gather for a pot luck lunch and T'ai Chi in the meadow.

There is no charge for this event. I will lead the group in T'ai Chi as we bathe in the beauty of nature and the meadow.

T'ai Chi is an art form guided by nature and the natural world- cloud hands, white crane, embrace the peacock's tail. It is customary to perform T'ai Chi outside and so we take this opportunity to bathe our senses in nature, share food with our fellow classmates and "stop the world"

I will keep you posted as we draw closer to the summer

Peace, Linda