



Linda's T'ai Chi

Weekly Handout January 3, 2021

Update

My dear students,

Greetings from La Skagit Chateau. Well, I am still in the hospital but it is looking good that I will be returning home soon.

I can't say at this time when I can return to teaching but it will be sooner than later.

Thank you for your well wishes and positive thoughts. I won't deny dark moments but the light shined through.

Practicing the balance exercise using a chair or wall would be a good thing to do. Also, do as many tai chi and /or shibashi postures as you remember. Don't be concerned about doing it wrong or not remembering properly. It is more important to keep moving. We can correct anything when we come back together.

Thank you again

Be safe and well,

Peace and gratitude,

Linda

