



Linda's T'ai Chi

Snowbound

by Natasha Lynne Vodges, Social Worker

*There is time to stop traveling.....
to get off other people's subways
to halt airplanes from landing in your life.*

A time to refuel yourself.

*A time to be snowbound
within your own private space
where the only number you dial is your own.*

Tai Chi can create a space in your day, your life, to enter a private space where you discover body, mind and spirit balance and harmony. This downshifting from the stresses of life that can overwhelm us or make us fatigued and weary from time to time is necessary for longevity and wellbeing.

My wish is that you can use what you are learning in Tai Chi to discover, enjoy and sustain moments of peace and mindfulness throughout your life.

Peace,

Linda