



Linda's T'ai Chi Weekly Handout July 10, 2022

Linda's Second Annual T'ai Chi in the Park



T'ai Chi in the Park 2022 is off to a great start. Sun, a warm breeze, bountiful clouds and the fragrance and sound of the water helped to create the perfect experience to perform various Qigong routines and the first few postures of the Tung family standing T'ai Chi routine. Zuanich Point Park is a wonderful location for our class members and guests to enjoy the peace and calm of qigong.

Qigong, a precursor to T'ai Chi, is a gift we give ourselves. In this hectic world, we need to take time to destress and clear our mind of the clutter that may cause anxiety, sleeplessness and other related illness and dis-ease in the body.



If you have not done a T'ai Chi in the Park, give it a try at least once. It is a calming relaxing experience to soothe the soul. The goal of Qigong and T'ai Chi is to harmonize both internally and externally; no better place to do this than in the park. T'ai Chi is guided by nature- clouds hands, white crane, look at the moon, raise the sun, push waves and separate the clouds to name a few postures.

Thank you all for coming. Bring a friend or family member who may be visiting from out of town- vaccinated, of course We are not wearing masks. Who knows about rain? With our micro climates in Whatcom County, it could be sunshine at Lake Whatcom and raining in Fairhaven. So, I show up just in case. See you at the Point. Every Thursday at 12:30 PM located at 2600 North Harbor Loop Drive, at Squalicum Harbor. This is a free event as part of my service to the community. Peace, Linda

