



Linda's T'ai Chi Weekly Handout October 16, 2022

Harmony

"I'd like to teach the world to sing
In perfect harmony
I'd like to hold it in my arms
And keep it company"

"I'd Like to Teach the World to Sing", a song performed by the *New Seekers* who achieved world-wide success in the early 1970's with the release of their album, *New Colours*.



The song was so well known that the Coke Company used it in one of their TV commercial advertisements in 1971.



T'ai Chi has two expressed goals. The first is to seek and find internal harmony. Using our breath and coordinated movements to unify our body- mind and spirit (creativity).

Breathing deeply and slowly and coordinating the lower part of our body with the upper part of our body. We use the strength of our legs and hips to move the arms.

The second goal is to seek and find external harmony. Using our inner sense, we work together as a group to harmonize with each other, the room and environment. The purpose of T'ai Chi in the Park, besides the fun of it, is to feel the energy of nature as we move together as one.

My goal for each the classes is to have fun, enjoy the experience of learning with the knowledge that moving is good for our health and well- being. We are striving to progress little by little. We are not striving for perfection. We strive to maintain and sustain our health and/or slow the rate of decline should we be dealing with deteriorating health issues particularly physical ones.

One World One Breath

Peace,

Linda