



Thanksgiving is a time to savor what is important to us. Gathering of Friends, family, good food, memories of years gone by, and hope for things yet to be.

Many of us return to thoughts of those who are gone and yet, are with us still within our hearts. T'ai Chi teaches us that the universe is comprised of complimentary opposites- the yin yang of life. Tai chi unifies these forces within each of us and with the outside world. T'ai chi helps us to connect to each other and the world around us.

Without the sun, there is no moon; without darkness there is no light. Without despair there is no hope. Even when we face difficult issues and moments in our life, when the days look dark and the future bleak or uncertain, life affords us an opportunity to be grateful.

So, dear students, I wish you a Happy Thanksgiving and more than that, I wish you the joy of connecting with people and the universe, compassion for yourself and others, the peace that enjoying the moment can bring, laughter, and gratitude for life itself.

I am grateful to each of you for being such dedicated and loyal students. I do not take that for granted but work every day to sustain and maintain your trust.

One World, One Breath
Linda