

Linda's T'ai Chi

Weekly Handout July 14, 2024

Community



A Farewell tribute to Clifton Gore

Today, July 14, 2024, those who could attend in person and members of our group who could not but were with us in thought and spirit, gathered to celebrate the life of Clifton Gore, an extraordinary teacher, mentor and friend. Some of you were lucky to have met Clifton when he came to Bellingham to share his experience with us. With music, poetry and words of farewell, we honored his life and his dedication to teaching the art form, Tai Chi.

I have always believed that Tai Chi and Qigong are art forms built on relationships. It is not a solo endeavor but one that incorporates a sense of relationship with teachers, ourselves and fellow travelers along the journey toward health and wellbeing through the beautiful postures known as Tai Chi and Qigong. I am forever grateful for my relationship with Clifton and his instruction and grateful to each of you for your dedication and kindness shown to me today and for the past 9 years.

May we all enjoy the community we have created, honor the past and rejoice in the future yet to be.

Peace,

Linda

