

Engaging the winter of 2020

November 23, 2020

Greetings to members and friends of Phoenix Tai Chi Centre!

We continue to contend with this pandemic and its social impact. Protecting ourselves from contact with unknown and known sources of infection wears on one's energy. When we know someone who has contracted Covid-19, it stresses us as we contemplate what they are going through. And, we mourn/begrudge the loss of events or activities we usually enjoy at this time of year.

Tai Chi and Qigong continue to benefit us in this time of Covid. If you are following along on Zoom, Skype or any one of several other platforms for internet connection, you adapt to perform the set while changing the direction frequently. This can improve memory of the selected form, reinforcing the postures as well as the feeling of the form. The social aspects of Tai Chi practice support our connection to others in similar straits. We can learn coping strategies from them, and share our experiences in turn. Whether online or in person, our links to the community of Tai Chi players remain strong.

It is not likely that classes will resume until sometime in 2021. The increase in numbers and the return of restrictions push reopening further into the new year. The bright spot on the horizon is the prospect of effective vaccines to protect populations in our region.

Please watch the Phoenix website and the Phoenix Facebook page for notifications about resuming classes.

Be well, and take care of yourself and your loved ones.

Steven Holbert