



Newsletter for a time of social isolation

May 2020

Greetings to members and friends of Phoenix Tai Chi Centre!

This has been a trying time for all of us. Covid-19 has shut down most of our "regular" activities, and challenges us to find a new "normal".

Tai Chi and Qigong have benefited many people during our social isolation. We use more caution in navigating the environment. Our exercises can maintain one's health when activity is limited. "Brush knees" or "repulse monkey" fit into hallways, and other postures can be done in the kitchen as one washes dishes or cleans the counter tops. Mindfully walking the paths through the house or apartment keeps up the stepping and balance exercises. If you are following along on Zoom, Skype or any one of several other platforms for internet connection, you learn to perform the set while changing the direction frequently. This can improve memory of the selected form, reinforcing the movements as well as the feeling of the form, and keeping in touch with friends and other students.

Learning happens in so many ways.

It is not likely that classes will resume until September 2020. Please watch the Phoenix website and the Phoenix Facebook page for notifications.

While we await the "reopening" of society, remember that we still don't know how the corona virus will unfold. With the guidance of health authorities and political organizations, we will move into easing of the "lockdown" as the science indicates. At all times we need to be prepared, to monitor our health as things open, or to resume precautions if a "second wave" occurs.

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