

FEBRUARY 2021

Hello Everyone

As Chinese New Year approaches on February 12th and we are about to leave the year of the Rat (which when viewed through western eyes without an appreciation of Chinese culture may seem an appropriate figurehead for 2020) and the year of the Ox takes over, let's all hope that everyone takes inspiration from the strength and perseverance of this animal and we continue to make strides to overcome the virus that has blighted our lives for the past 12 months.

In the drabness of winter depression can take over, even more so this year, and unfitness and lethargy can prevail. I've always expressed my belief that one of Tai Chi's greatest benefit is it's ability to focus and calm the mind and relax and reinvigorate our bodies, and so if you haven't kept up with your practise during the previous stressful year then it's never too late to resume, starting with a little Qi Gong or maybe a few form movements in the living room. It doesn't matter what movements you choose or whether you're doing them correctly - just enjoy the 'meditation in motion' - you'll feel better for it. I'm sure that once the next few months are over we will be able to practise again together as a group. The videos on our website may help to jog your memory if you feel unsure.

As far as sessions are concerned, as we are still in lockdown all I can do is to repeat my previous messages that we intend to start sessions again as soon as we safely can. When this happens I'll send out an email and update the home page of our website with any details. Do get in touch with us if you need any advice or maybe even ask about a socially distanced 1on1 - currently only in an outdoor public area.

Finally from my 'soapbox', just a one off plea about the virus:

I know from speaking to other T'ai Chi teachers around the country that there may be some of you for whom the idea of a vaccination may conflict with your beliefs, convictions or principles, and I do respect this, but if by chance you are one of those for which it does, can I ask you to possibly reconsider. Please think about Doctors such as my grandson and all his colleagues and nurses who have spent the past year working in ICU and who are by now are at the limit of endurance. If ICU and other hospital bed occupancy can be eased by a reduction in admission numbers from everyone taking the needle when it is offered - especially our older members more complicated to treat - then their burden will be relieved a little.

Surely we owe this to the millions of nurses, carers and others working so hard to provide support and help for those of us who either have fallen or potentially may fall victim to the virus.

Stay Safe and Well

Trevor & Joan