

SEPTEMBER 2021 Hello Everyone,

It's been a while since my last update bulletin in April, but as we now getting requests for class restart days, it's time for me to proffer more information.

We really do want to see you all back and practising some T'ai Chi and Qi Gong together with us, and the good news is that we are making a tentative limited restart at three of our venues.

Unfortunately, my own health - although definitely improving - still considerably limits the amount of activity that I can do, and this precludes me from full-on long 'teach and & do' sessions. Under strong medication my condition is currently stable and I am now managing to personally practise two or three complete long form sequences at my own pace and have been able to carry out a few 1to1s, albeit mostly mentoring rather than carrying out full practise. At the moment therefore I now reluctantly need to reduce and limit my teaching activity. Even after moderate activity during the day, by evening I'm usually not able to do much but it is still my intention to drop by sessions when I feel that I can, and join in with you all and hopefully teach a little. Again age (and our families) are telling us though that we will also have to also reduce our overall teaching hours and venues.

Thankfully, Joan has offered to run some of the sessions on her own for a while and has already opened her small, selective, mainly seated session in Coleford, and we now plan to try experimental restarts at two of our other venue sessions - Linton and Longhope. The evening sessions will initially be for **EXISTING MEMBERS ONLY FROM ANY OF OUR VENUES**. All the evening sessions will average one hour minimum.

Unfortunately we will **NOT** be able to take on any beginners at these sessions for a while but, subject to demand and my own constraints I am hopefully proposing to run a separate series of afternoon **BEGINNER'S** basic sessions at Longhope with a start date mid-October. This will allow me to fulfil the requests for new starters that I've been receiving and provide for 'graduation' and assimilation into the existing local sessions. *(Any pre-covid members who can't make the two main sessions are welcome to join these daytime sessions as a refresher - but bear in mind the sessions are for complete novices and teaching and practise will be basic forms only.)*

The planned resumptions are:

LONGHOPE - TUESDAY 21st of September at 7.00PM *(pre-covid members only - sorry no new starters at the moment)* **WEDNESDAY Afternoon - provisionally 20th October - A Taster for Beginners** - *(details to be finalised later).*

LINTON - THURSDAY 23rd Sept - 7PM *(pre-covid members only - sorry no new starters at the moment)*

Do however please remember that covid has not gone away and, despite a high percentage of people who think that it is all over, there are signs that the protection offered by double vaccination is waning.

Although the general tight restrictions are currently relaxed in England, many of us still feel that some basic ones are necessary. Rational and reasonable safe practise, is also a condition of our hall hire to maintain the safety of not just our sessions, but also for follow-on hall users. Bearing in mind the current minimum covid precautions, all of you members (and us) should respect one another and mutually agree our precautions at the start of each session. There are 3 basic points to consider:

1. We are using small halls and are doing cross-space movement with deep breathing over an hour session, therefore we have to observe minimum safe spacing and ventilation (as per schools). Safe spacing to avoid each other's movement area may mean restricted numbers in some venues and many local halls have minimum ventilation and windows and doors are required to be open. With the onset of winter temperatures open doors and windows will become an issue in the following months. We may have to resort to combined day sessions in a larger hall during the winter. *(The level of adopted safety requirements in halls also vary!)*
2. Mask wearing is desirable (as per shops) but we appreciate that this may be impossible for some and is certainly difficult in an indoor exercise regime, especially for an instructor talking and moving.
3. The general feeling of the class may be that we should ask for double vaccination of all attendees. *(Even then we can all be passive carriers.)*

IMPORTANT: For your part, in order to enable us to get numbers of attendees and proceed, we would appreciate an indication of your desire to return to sessions, and any opinions or comments on the 3 points made earlier so that we can ensure a safe and smooth return.

Please help us to maintain a safe environment and we look forward to see you all again soon.

Warmest Regards -Trevor & Joan