When the COVID-19 pandemic first arrived in March of 2020 I knew right away it was going to be a long time. I experienced my own anxiety and knew that movement would be my personal response to getting through the long haul. I began teaching T’ai Chi on Zoom every single day. As the weeks and months went by, I started deleting certain days of the week until now it is just one time a week. After the first few months of teaching, I realized I needed new material and started seeking out more resources to inspire myself and my Zoom students. I incorporated more Qigong, added some Haiku poetry, some riddles, some narratives, some Bones for Life, some modern dance, some meditation…well, you get the picture! I’ve enjoyed this year of finding a combination of elements that helps me feel happy, strong, confidant, centered, grounded and focused.

**You don’t need any experience to join in the class**. The directions are simple, and you can move at your own pace. You also don’t need to come to every class, just pop in when you can. If you are able, you may make a contribution of $5 -$10 per class. I will not be keeping track. Many people make a payment after a month or so. You can do so through PayPal through my email address. If you prefer, I can give you my mailing address and you can send a check. Just ask. If you can’t pay anything that is ok too. Really.