

Hello tai chi students!

We were energized and uplifted to see you in class this semester. Your progress from those first classes until now was outstanding. Your enthusiasm and willingness to learn made it enjoyable to come to class each week and share our tai chi and qigong practice. Your astute comments and questions created a rich environment for learning – for all of us!

If you have any questions please email Tom at [tomgalerunti@comcast.net](mailto:tomgalerunti@comcast.net)

Due to concerns about the spread of the Corona virus, our class along with all other OLLI classes, will not have an eighth meeting this term. Please take care of yourself and exercise caution in that regard to this potentially serious health situation.

If you wish to continue your tai chi, qigong and meditation practice, please consider the documents in the class download folder. It is located here.

<http://olli.illinois.edu/downloads/courses/2020%20Spring%20Courses/Tai%20Chi/>

Of particular interest, you might find these helpful. By document name in that folder:

## **2) Exercise Your Curiosity**

Recommendations for Google searches on topics related to tai chi, qigong and meditation. This doc also includes a listing of what we consider to be potentially useful and reliable sources to enhance and expand your practice.

## **3 & 4) Practice Structure for Beginners & Practice Tips for Beginners**

These two documents are chocked full of encouraging words and ideas on how to overcome the most common obstacles to getting a regular practice going. Also tips on making your practice sound and effective.

## **Tai Chi 7.5 video links on YouTube**

The links that say Tai Chi 7.5 Form does not include the complete Four Cardinals, but you can find that individual movement at [communitytaichi.org](http://communitytaichi.org). The other links are moving qigong exercises that we practiced in class including Grand Opening, Open/Close Your Chest, Pebble on the Pond, The Wheel and Double Arm Spiral Forward and Backward.

Please remember that the current tai chi class at the Savoy Rec Center is available and runs through mid-May. Also, we conduct free practice sessions during the summer at Morrissey Park in Champaign from 8:30–9:30 A.M. Mon/Wed/Fri starting after Memorial Day.

We truly enjoyed having you in class. We may have mentioned at least a few times to remember to smile, but really, the tai chi classes this semester seemed to have a good grasp of that tai chi “secret” from the very beginning. If you have questions, you can always e-mail Tom (see above).

Mike, Alethea, Dave and Tom