



Still Moving



Híromí T'ai Chi Newsletter

September 2011

Announcements

Rhythm & Resilience

Sunday, Sept. 11
3:00 - 4:30 p.m.
at the HTC Dojo

Friday, Oct. 14
A benefit for our scholarship program for children ages 7 to 11.

Support children who are interested in learning internal martial arts but have financial difficulty. \$500 will help one child to take a one-year class at the HTC Dojo.

If your child is interested in a class but needs financial support, or if you would like to support this program, contact:

registrar@
hiromitaichi.org

***Practice not-doing,
and everything
will fall into place.***

~ Lao-Tzu

Megan Sharp Led T'ai Chi at Crow Center

Híromi T'ai Chi went to camp this summer when Megan Sharp taught two classes for the Parks and Recreation Therapeutic Summer Camp. The campers enjoyed the chance to get up and move and the opportunity to learn about internal martial arts. They enjoyed the standing meditation and the kicks in the T'ai Chi form the best. The camp leaders took the class too, which gave them a moment to recharge in their very busy schedule.



Photo by Sue Horne Lim

Híromí Led T'ai Chi at SAS (Semester at Sea) Forum



Photo by Susan Kalergis

Híromi gave three T'ai Chi sessions during the 5-day "Forum on Global Engagement" voyage, in which the MV Explorer sailed from Boston to Montreal. Part of UVA Semester at Sea program, the theme was the Sino-US relationship. T'ai Chi was chosen as one of the on-board activities. Most of the 45 participants were beginners, and ranged in age from teenagers to the elderly. They had a fun but challenging experience because the ship was rocking back and forth in the waves. Híromi was impressed by the SAS program.

For those who are interested in the SAS program, visit their website at www.semesteratsea.org/voyages/upcoming-voyages/spring-2012.php

Upcoming Events

- **Saturday, September 10 - HTC 9th Open House**
Bring your family and friends to our annual Open House!
4:00 - 5:00 p.m. Students & instructors' demonstration of forms
5:00 - 6:00 p.m. Pot Luck party
- **Wednesday, September 1 - Health & Safety Fair at GE - 11:30 - 1:00 p.m.**
- **Sunday, October 16 - A Day-Long Retreat at HTC Dojo**
 - Mindful meditation, walking and eating with Tussi Kluge
 - Acupuncture and meridians with Mila Zimmerman
 - Ch'i Kung for the five organs with Híromi Johnson