



Still Moving



Hiromi T'ai Chi Newsletter

October 2011

Announcements

Rhythm & Resilience

Sunday, Oct. 9
3:00 - 4:30 p.m.
at the HTC Dojo

Contact Esther at
goldalozano@gmail.com

Avatar Project

-- **The Paleolithic Diet: An Ancient Prescription for Modern Times?**

**Plus,
Sweetness without
Being Sinful**

Friday, October 14
7:00 - 9:00 pm
at the HTC Dojo

www.lenworleyphd.com/avatar

*Quiet minds cannot
be perplexed or
frightened,
but go on in fortune
or misfortune
at their own
private pace, like
a clock during a
thunderstorm.*

~ **Robert Louis
Stevenson**

More Than \$6,000 Was Raised For the Japan Relief Effort



Many thanks for the generous support of the Japan Relief Effort. We raised \$3,791.04 for the 1st benefit in April and received a thank you note from the Consulate General of Japan.

The 2nd benefit in July raised \$2,444 for residents of Ookuma-town in Fukushima. They moved 6 times, shelter to shelter. Due to the earthquake, tsunami, and nuclear plant disasters, they were forced to leave their homes and moved to Aizu-Wakamatsu City to start a new life. Our donation of \$2,444 will help 3 families to move to a new home. Thank you notes from the Consulate General of Japan and Mayor of Ookuma-town are up on our bulletin board in the dojo.

HTC 9th Open House

The 9th Open House was held at the dojo on Saturday, September 10. Students demonstrated the forms they have learned. Many Cheng-Ming forms were demonstrated by students and instructors. Guests and students enjoyed the pot luck afterward.



Upcoming Events

- **Friday, October 14 – Benefit for the Children's Scholarship Program**
Generous Donor(s) + One Eager Child = One Year of T'ai Chi Instruction
For more information on how you can help, please visit the website.
- **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 Hiromi Johnson
- **Saturday, October 22**
 - T'ai Chi Workshop at Old Crozet School Arts
 - Wellness Retreat Day at Montfair Resort