



Life before T'ai Chi Chih and life after are very different for me. I took a T'ai Chi Chih class in 1983 to bring some peace into my life as I struggled through the process of ending a relationship. It helped tremendously to cut the mind-chatter and allow me to sleep. After two years of practice my teacher suggested I take the teacher training course. I was most emphatic that I did not want to become a teacher. The idea of standing in front of a group of people and being in charge was beyond my realm of imagining. But at that time that was the only way to receive training from the Originator, Justin Stone. So, I completed the Teacher Training course in April 1985 with Mr. Stone, and I have been teaching continuously since 1986. No more secretarial and office jobs for me!

I attended college from 1988 to 1992 and graduated with a BA in Social Work with a minor in Gerontology. I now work for two school districts in their Older Adult programs. I feel my T'ai Chi Chih practice brought to light confidence in myself, enabling me to go to school and later to become a teacher both for the school system and for T'ai Chi Chih.

In 2002 I became a T'ai Chi Chih Teacher Trainer under the guidance of Justin Stone, the Originator of T'ai Chi Chih and of Ed Altman, who at that time was Head of T'ai Chi Chih. This responsibility impels me to go deeper in my practice and myself.

There are so many joys that have come into my life through the practice of T'ai Chi Chih; the wonderful open-hearted people that are drawn to the practice, seeing the benefits received by myself and others who practice, the serenity of connecting to "the greater", and the joy of discovery when a new understanding or awareness about the practice unfolds.

While there may be only 19 movements and one pose, a lifetime could be spent delving into the depths of the practice – feeling the texture and flow of the movements, and discovering the aliveness resting within the stillness.