

Corona Virus and Tai Chi classes through Zoom

Dear Tai Chi Friends,

I trust you are safe and well in these interesting and challenging times. **A BIG THANK YOU** to our medical communities, first responders and researchers and scientists working tirelessly to treat patients and those developing tests, cures and vaccines. I am grateful to the owners and staff of our open for business essential businesses and services enabling to life go on as normally as possible.

A BIG THANK YOU to all of you making the sacrifice for each other by practicing safe distancing, wearing masks and or gloves and staying home in order to protect yourself, your community and our medical systems and their staff! I look forward to a time we will be freer to move about more safely with confidence so we can reopen our economy, enjoy our work and leisure. **GREAT JOB on your commitment and patience!**

Staying connected to family and friends is important to our mental and emotional wellbeing now more than ever. Practicing Tai chi/qigong is a good way to keep the immune system strong and healthy, as well as, keeping physically stronger, more limber and reducing stress. So, I am grateful for the technology of Zoom. While it required a willingness to try different ways of sharing and acquiring new computer skills it is worth it!

I invite you to join me for **Tai Chi/qigong for beginners on Tuesdays at 10am on Zoom** <https://zoom.us/signup>. *Zoom is free to use.* Health is an integrated thing, doing something positive for your health does something positive for your mind and spirit. **Look for a new 8-week series of Tai Chi/qigong for beginners on Wednesdays at 10:30am**, to start mid-May.

If interested in any or all of these Tai Chi/qigong opportunities let me know by sending me your email request to: chrisfirmfit@gmail.com for more details and the particulars on how to join in on any of these classes and to get your zoom link invitation.

Links of interest:

Shasta County website for latest Corona virus information
<https://www.co.shasta.ca.us/covid-19/overview>

A link to the CDC for more information regarding the Corona virus [ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html](https://www.cdc.gov/ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html)

Immune system research:

http://worldtaichiday.com/Medical_Research_On_Tai_Chi_Qigong/immune_system.html

Wishing you continued good health, support for each other and a strong spirit to all. Maintain your valuable relationships and activities that both nurture the mind and body. Get your link, give Tai Chi/Qigong for beginners a try, Tuesdays at 10am!

Qi Blessings from Chris



Member of
Tai Chi for Health Community