

Why you learn Tai Chi?

I decided to learn Tai Chi because I needed something that would help me to be calm. I was a very nervous person. I did Yoga before, but it did not fulfill my needs. I needed to move not meditating in the same position.

What benefits you have gained from doing Tai Chi?

It helped me in more ways that I expected. First of all, I had a lot of pain in my neck. An X-ray showed that I had osteoarthritis. So the doctor told me that he could not do anything about it and that I would have to take anti-inflammatory drugs for the rest of my life to release the pain. So since I have been doing Tai Chi, I do not have pain anymore, and thank God, I don't have to take those drugs to help me. It helps me to be more peaceful, it as also helped me to develop my concentration and surprisingly I am stronger on my legs, I did not have very much balance before. Also in 2003, I have lost my job, lost two of my best friend that died of cancer and lost my father which I loved very much. Tai Chi really helped me to past through this year which was very painful mentally and physically.



How SOTC has helped you understand the principles of Tai Chi?

SOTC is helping me to connect to myself. It helped me to find out that the moment I was thinking that I knew how to do my exercises or the form, well when I look again and listen to the Master, I discovered that I still had a lot to learn and there still a lot of details and deepness in Tai Chi to integrate. So the more I learn the more I discover, and the best way, for me, to learn is to look, listen and practice, and practice, and practice.

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February 2005