

SLOW MOTIONS

—Photographs by Andrea Cole



T'ai Chi Chih® is a meditative practice that balances and circulates chi, the life energy that exists in all of us. It consists of 19 simple movements and one pose and can be done by people of all ages and physical ability. The benefits of this moving meditation are wide-ranging, including stress reduction, increased energy, and greater creativity and awareness. On a weekend in January, Sister Antonia Cooper, the Guide of T'ai Chi Chih®, travelled to Minneapolis to lead a healing retreat for teachers and students of the practice. The retreat offered those attending a chance to renew and deepen their practices, find relief from stressful job situations, or heal from losses in their lives. For more information about T'ai Chi Chih®, including articles, photos, and a list of teachers worldwide, visit www.taichichih.org.

