

The 43rd Annual Tai Chi Friends Reunion
June 18-22, 2023 – The Westerbeke Ranch, Sonoma, CA



Class: Open Wrists - Open Hearts
Wednesday, June 21 from 9:00-10:00 am

Team-Taught by Nancy Hoffman & Patrick Johnson

First Segment: Opening – Patrick

Patrick to explain and demonstrate primary focal points of class: experiencing the opening of the chest and the heart, as we keep our wrists neutral and open the shoulders; using **Tai Chi plates** for illustration and presentation.

Open Wrists	Experience Plates Wu Chi	Center Fair Maiden
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Second Segment – Nancy

Nancy asks class to turn attention to Roll the Ball segment of PHD starting with the "swing step back" of the left foot through to Fair Maiden: Nancy points out power in chest/heart opening; using one hand each side with emphasis on relaxed arm/wrist; expands on this using both arms, forward and back in in "The Deep Joy Pull," reiterating earlier points from Patrick on opening wrists and heart. This is the point for reasserting control of pacing of the form; a central open heart and relaxation point of the PHD.

Third Segment – Patrick

Patrick asks class to turn attention to the four corners of Fair Maiden of the PHD: Patrick reviews this fundamental movement in of the PHD, referencing heart shapings and expansions and the relaxation and openness of the wrists; Patrick emphasizes how the grace of the wrists and opening of the heart space operate in harmony to create beauty, flow and energy of the moves.

Fourth Segment – Patrick & Nancy

Nancy & Patrick lead class in silent practice of the teaching segments (from swing step back of the left foot into Roll the Ball through Fair Maiden).

Last Segment: Summary & Closing

Nancy thanks Patrick for proposing such delightful themes for focus.
Patrick thanks class, summarizes briefly, and closes the session.



The best and most beautiful things in the world cannot be seen or touched; they must be felt by the heart. *-Helen Keller*

The greater your heart, the bigger your world. *-H. H. Lui*

Upon the great sea of spirit, there is room for every sail. In the limitless sky of truth, there is room for every wing. *-Chuang Tzu, trans. H. H. Lui*

Commentary: Tai chi teaches us to have an open mind and a big heart. Tolerance is the word.
-H. H. Lui

The world is full of beauty when your heart is full of love. *-Gaetano Donizetti*