



THE VERANDA WAS QUITE THE HUB OF ACTIVITY ... IT WAS



A GROUP OF WASHINGTONIANS ON A TAI CHI

vision quest came to do their thing on the veranda the next morning, so what the heck, I joined in. Struggling to follow along with any semblance of the graceful flow that distinguishes the practice, I was well outside my comfort zone. Afterward, retreat leader Taj Johnson explained that tai chi is designed to cultivate the ability to “move in harmony, calmness and joy in the midst of uncertainty.”

I refreshed myself in Jackie’s tidal pool, which I shared with Lisa Hunt, who was elated about her tai chi trip. Though she’d been on a half-dozen beach-oriented Caribbean vacations, she’d never been able to overcome her fear of the sea. “I was in 12 feet of water yesterday!” she said. “Once I got a look at the bottom of the sea I couldn’t stop looking — I was snorkeling for 45 minutes! The beauty overcame the fear.”

Being on the retreat, she said, had facilitated her breakthrough, because she could allow the energy and spirit of the morning tai chi sessions to permeate her whole day. I asked her how she got into doing it, and she attributed it to some influential people she’d met and asked me if I thought particular people were put in our paths at certain moments. I said I didn’t know about the “put” part because that implies the hand

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