



1. Tai Chi Fundamentals Instructor Retreat in 2022 at the Dekoven Center in Racine. Our first after the Pandemic. Tricia planned to be there but tested positive for Covid. This is the “Posse” and Teaching team that carried on in her absence. Back: Lori Enloe, Rachel Sandretto, Kristi Hallisy. Front: Kelly Rehder, Pat Culotti, Russ Mason. Thank you Tricia, for your inspiration and guidance.

2. In 2020 Tricia sold Tai Chi Health to now owner, Rachel Sandretto. Celebrating at Tricia’s in Taos.

3, 4. Celebrating Lori Enloe’s retirement from the VA and birthday Sept 2023, the last celebration with Tricia and those who have supported TCF for years. Top: Kristi Hallisy and Betty Chewning, the principle investigators for Tai Chi Prime Research. With Sarah Punshon, Tricia and Lori. Bottom: Betty, Sarah, Tricia, Rachel with Lori. I wish I could have been there:(



5. Tricia and her husband, Doug with Betty Chewning’s family. Betty was one of Tricia’s first students and responsible for the research done with Tai Chi Fundamentals, which helped put it on the map!