

Project Story: Discover Your Health

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This was the first online program specifically designed for the prevention of COVID-19. To support community in ways that engaged grounding in awareness and heart.

Three weekly classes – each unique in approach allowed for a gentle awakening of the body and clearing of stress. The tradition was kept simple to access basic principles in health. Chi Kung helped with wellness, Tai Chi supported basic body issues and Active Silent Meditation promoted a quiet holding of heart.

Nobody in the Bowen Island Community engaged the issue with interest. Exposure to the online program through advertising and media didn't affect a change required. As service to this community was monitored by respective authority - the program wasn't accessed.

I was able to offer the work with those who had previously requested guidance. The development of the program inspired care and new grounding. I enjoyed offering the program for free as the work then became a total giving.

My most memorable moment was to learn that this offering taught a way of care that deeply satisfied and protected participants.