

- It was impossible for me...not be...in the moment and be real mindful to do the things we were doing (in TC class) and being more mindful. Mostly because I'm a klutz and that thing (a particular TC exercise) I couldn't do it, so I had to be present and I noticed that now I am just more apt to be like wait a minute, you are so far ahead of yourself and to just stop. (S10 Female, Feb 29th, 2016)
- I noticed one thing when I came to tai chi practice. You just didn't, ya know, all the effort in doing it. That's everything I've done in my life. ...(but things were different) when I was doing tai chi. Why not you enjoy it right now? Enjoy. And since then I've realized it's carried over, that feeling, into other parts of my life where I've, into things that I like to do. I don't look at it with dread or hope. I've just started with that. I'm now more aware of, oh I'm going for a walk, why not enjoy it instead of looking at it like oh brother. It's not gonna feel good. But now I can say oh I've always loved walking, let's love it again. Or whatever, and other things. Doing the dishes. (S9 Female, Feb 29th, 2016)
- I had a very sedentary winter because my ankle was hurting me, still you know it didn't heal to be the way it was before I broke it. But it (the TC) gave me encouragement because I started feeling a lot better ahh, It showed me that I could do a lot more than I thought I could. Which got me out. (S5 Male Aug 29th, 2015).
- I can do something. I can do something over this heart that gave me so much trouble. I can do something to counteract it happening again and that's where the confidence level comes. And you know, and I know for myself if you don't keep with it, don't keep with the right food to eat. You don't keep your good attitude or whatever you're gonna wind up there. For a,a,a, Another ahhh, another by-pass and I'm not doing that again. I am not doing that again! And you know I have to do my part and the good lord will do his part and so long as I'm doing my part, that's the important thing. (S1 Male Aug 3rd, 2015.)
- Five minutes into the class, whether I was just sitting in the chair doing it with my hands, or if I could stand and do it, my hands would get red hot and tingly, and it wasn't like I was thinking oh gee I hope I do a really good job, doing the movements perfectly. It, it happened. And that was such a palpable thing. (S10 Female Feb 29th, 2016).