

Hi Michael,

I wanted to email you personally, to thank you for your wonderful birthday wish for my 60th birthday.

I was so surprised and moved to wake up on my birthday and see these wishes. You made it so special. The night before I had another surprise. My daughter had told me she couldn't be here for my 60th birthday party because she was too busy at work, and getting ready for her wedding in October. Her then boyfriend had waited to propose to her last year, so that he could propose to her on World Tai Chi & Qigong Day, in honor of our work on that special day.

After her call my husband, Bill, suddenly jumped up and said he had to prepare a room for a video Tai Chi class the next morning at a local hospital. When he came back after midnight, he said he was going to bed, so I was putting away some dishes in the kitchen before I went to bed.

Suddenly, I heard someone say "surprise," and turned to see my daughter standing behind me. I thought I was dreaming a memory of when she used to live with us. As it registered she was actually here for my special day, I grabbed her and cried for 5 minutes. Bill had driven to the airport where he knew she'd be waiting after she'd spoken to him on the phone.

Thank you so much for your kind wishes, they meant so much, and made this day so special. And also, thank you for your efforts to create a healthier, calmer, clearer world and for being a part of World Tai Chi & Qigong Day's global family of Tai Chi and Qigong players and teachers. Together, we have created something beautiful and meaningful.



Angela Wong-Douglas
Founder of World Tai Chi and Qi Gong Day

One World ... One Breath