

A total Taichi experience with Anna Lum

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Anna Lum teaching [breathing](#) exercise

[Faust Park](#) is a unique park located in Chesterfield, St. Louis, Missouri, with a beautiful old-time [Carousel House](#) and a fascinating [Butterfly House](#) to stir up imaginations. In between these two lays soft, green grass and old trees. It was in late May this year, clad in a green pull-over and a pair of wide-legged pants, Anna Lum, cheerfully yet elegantly greeted her students as they arrived for the Summer [Taichi](#)/Qigong Class.

Anna was one of the few Taichi teachers who promoted Taichi in St. Louis in the early 70's. She [co-](#)

chaired the [World Taichi & Qigong Day](#) celebration in St. Louis for a few years. She has brought Taichi to senior centers as well as into the [Art Museum](#). In 2002, she was selected as one of the recipients of the prestigious [Women of Achievement Award](#) for [her contributions](#) to the arts and humanities.

As an artist, art activist, and spiritual individual, Anna focuses her Taichi teaching more on the nurturing, healing, spiritual, and artistic aspects. She thinks that a human being is part of nature and it is important to be in harmony with nature. 37 years ago, she started her first Taichi/Qigong outdoor program in Forest Park by the Art Museum to be with nature. 15 years ago, she added the Faust Park program. Both are about one month long and take place in late spring and early summer each year. Many of her students return year after year. She teaches Taichi Qigong 18 Form along with [meditation](#) in these programs. When asked about inclement weather, she blinked her eyes like a child and said, “no, it never rains,” and then added “we run to the Carousel House or the Art Museum Entrance and continue to practice underneath the overhangs.” She sat on the grass explaining Taichi fundamentals and how to meditate and breathe and wittily mentioned to “let the ground do its job helping to balance the Yin and Yang in our body”.



Anna uses a shoe to explain Taichi fundamentals

Anna said that Taichi provides the opportunity to let us understand how the physical and non-physical activities connect to each other. For example, worry, hate, and anger are non-physical activities which affect our health greatly. On the other hand, doing Taichi in a relaxed and energized way can influence our emotions and non-physical activities.

During a break of the class, Anna handed out a shoe to students. She asked them to describe it and then passed it along to the next person. One remarked that it had a rubber sole, one said the upper is leather, some said the vamp is green.... When one person mentioned something about the inside of the shoe, Anna’s eyes lit up. She smiled and said that Taichi a shoe. She emphasized that the internal “movement” is very important and can not be overlooked during the Taichi practice. She earnestly advises students to be mindful and conscious when practicing Taichi.

After the class, Anna took out an old, beautiful tea pot from a 40-year old basket. The pot was wrapped in reused plastic bubble wrap to keep the tea warm. It was organic herb tea with a nice blend of spices and a natural sweet taste to it. She did not mind telling where she got it and how cheap it is. That’s

Anna – unassuming and totally Taichi.



Anna serves tea



Violet Li

St. Louis Tai Chi Examiner