



My Dearest Friend, Mentor, Colleague, Sister and Mother, Tricia,

Though I feel somewhat lost without you here in the physical, I know you are where you need to be now. You have been an integral part not only of my professional tai chi life, but intricately important as part of my personal life— you are family. All the guidance and love you have shared with me will saturate my being until my end and beyond. I am so grateful that we connected this lifetime. As we both have stated, we feel we have known each other in many other lifetimes. This journey here has been enhanced with you in it. You will forever be missed.

Tai Chi Health, Tai Chi Fundamentals and every person who has crossed paths with us in courses, classes and trainings, owes you so much that will never be repaid. I know that you continued to work through so many trials and pain because you felt the world needed this, never concerning yourself with compensation for your time, energy or spirit. I remember reminding you that you deserved more, many times, and you just kept offering yourself without a thought. You truly are a saint in my book.

I trust the path your spirit is on will continue to support us here so that we fully honor your work and continue to make you proud. I pray we will continue to fulfill your dreams of bringing Tai Chi Fundamentals* to everyone who would benefit from this amazing system of Tai Chi.

In gratitude and love for everything you have meant to me,
your tai chi sister,

Pat

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1. Tricia and me at the last TCF Instructor's Retreat we lead together. 2016 Dekoven Center, Racine.
2. Tricia teaching participants attending the 2016 Retreat where we rolled out the TCF Adapted Program.
3. Kristi Rietz, Tricia, Pat, Kristi Hallisy; part of the TCF Adapted Program team. The Kristi's and the Patricia's! Thanks to these women, we have flourished!
4. Tricia and me at 2012 TCF Instructor retreat at Dekoven



1, 2, 3, At the first Tai Chi Fundamentals Adapted Program training in Madison 2015. These are from a Photo Shoot for the new TCF Adapted Program Book. Tricia wanted photos with all of us and I am grateful she made it happen. Top With Kristi Rietz and below Tricia hugging me and Kristi Hallisy, co-author of the TCF Adapted Program book. These photos only begin to show the love she shared with all of us.

4. The first core group supporting Tai Chi Fundamentals and TCF Adapted Program. Tricia referred to us as "The Posse". Lori Enloe, Diane Martin, Kristi Rietz, Pat Culotti, Kristi Hallisy, Tricia Yu, Kelly Rehder. 2015

5. The group shot is of those who completed the first TCF Adapted Program training in 2015 at Tricia's beautiful Tai Chi Center studio. In Madison, Wisconsin, the largest and oldest Tai Chi Center in the US, the first owned by a woman.



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!



1. At the Last Ben Lo Midwest Camp in 2013, Ben Loved us!
2. With our Tai Chi CMC Yang form brother, Russ Mason, who was one of the first traditional-ists to support TCF
3. One of Tricia's favorite stretches—the squat! At 2023 Ben Lo Midwest 10yr Reunion camp at Dekoven Center. Tricia joined Michael Culotti and me.
4. Dekoven 2012 TCF Instructor Retreat group photo.

Thank you to all who have been instrumental in helping TCF become what it is today. May you find joy and regeneration through this practice and always feel Tricia's Love.

—pcc

