

# **Boston Volunteers Solutions offers a chance to meet others...and yourself**

## **Meeting with Your Chi**

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Since its founding, Boston Volunteer Solutions ([www.BostonVolunteer.org](http://www.BostonVolunteer.org)) has been offering service-minded people in the Greater Boston area various means of meeting each other and fulfilling their desires to serve others. According to founder Josh Konoff, the mission of BVS is to offer committed people from all walks of life a variety of ways of spending their time and using their skills to support the underprivileged, the suffering, and also the environment. Despite best intentions and big hearts, however, all of this work can take a toll. That is why BVS has joined forces with Huan's Tai Chi in Somerville ([www.huanstaichi.com](http://www.huanstaichi.com)) to offer their hard-working helpers a way to heal and help themselves.

On Tuesday, August 14, BVS members and new fans will gather at the Cambridge Community Center on Callendar Street for an introductory Tai Chi class. For just a \$10 donation to BVS, guests will learn the basic moves that have been helping people around the world stay calm, focused, and strong for thousands of years.

“Tai Chi [is] the most popular exercise in the world,” says instructor Huan Zhang. “Tai Chi develops meditative awareness, relaxation and chi – internal power [and] is an effective antidote for the tensions of modern life.”

With its controlled breathing and slow, fluid motion, Tai Chi helps even the busiest businessperson or most ardent altruist reconnect with what truly matters in life- their health and their sense of self. After all, if you cannot help yourself, how can you serve others?

“Practice will help you to improve breathing and relieve stress,” Zhang suggests, noting that regular Tai Chi practice also helps develop better balance, improved energy, coordination, and health. While Tai Chi helps with focus in general, this event will focus particularly on creating a healthier community and helping people see the importance of serving the self in order to serve others. “Tai Chi movements...help people understand how important is to have a healthy body, focused/determined mind, relaxed and balanced status, and positive energy,” Zhang suggests, “which helps you become a better self and influence the community.”

In this way, Huan's class and philosophy match well with BVS's mission and model. “It fits our model by building community, helping people make new friends who share their values, and providing support for future Boston volunteer opportunities,” says Konoff.

At this special service-minded event, guests will learn Tai Chi theory, basic methods that support

balance, relaxation, focus and concentration, as well as traditional breathing exercises that can be put to use anywhere at any time. “The instructor will expect students ask detailed questions,” Zhang notes, “and will hand them notes for the ease of taking this class.” So whether you are an overworked executive or a volunteer looking for more to do to help others and yourself, this special partnership is a great opportunity to learn about how to do whatever you do even better. “Spend a little time and try it out,” Zhang suggests. “You will meet interesting new people who share your values. You will also improve your health, better your spirit, and better your community.” “It’s a great way to make a positive impact,” Konoff adds, “and broaden your social network!”