



I'm not a robot

































Namaste! To mark National Yoga Month in September, Villagers enjoyed a serene morning of yoga in Lake Sumter Landing, leadÂ ... I've never heard of chiong prior to coming to the see a demonstration of TaiChi a form of Chinese meditation at Lake Sumter As with any physical exercise please consult a licensed physician before starting. This exercise helps to develop one's sensitivityÂ ... Updated December 11, 2020: Thank you to the many kind viewers who contributed the helpful translations to so many languages! RESIDENTS HEADED OUTSIDE TO SPANISH SPRINGS TOWN CENTER TUESDAY MORNING TO PARTICIPATE IN TaiChiHealthProducts.org website shares an easy