**Sally Overthrow**

After working as part of a NHS community mental health team for 12 years, Sally took early retirement and retrained as an over 60s fitness instructor.  
  
During lockdown she developed a passion for Tai Chi Qigong Shibashi and trained as a Shibashi Set 1 Instructor, before going on to complete the training for Set 2.  
  
She now runs several groups in her local community and plans to continue to do more training. As Sally say to her students, “it’s as good for me as it is for you!”