

# Celebrating

The wonderful life of



*KEITH ROOST*

*2nd JUNE 1959 - 16th OCTOBER 2023*

Keith would say he was a simple man, and in many ways this was true in as much as he craved little in the way of material things but as a man was so much more and had a huge impact on those he came in to contact with, and as one student and friend remarked ‘when Keith looks at you you stay looked at’.

Zoo keeper, falconer, stud groom, martial artist, teacher, charity fund raiser, philosopher and writer.

He spent much of his childhood in hospital, during which time he read avidly on a wide range of subjects, learnt to meditate and help heal himself. In his mid twenties he suffered renal failure and from then on life for him would include 18 hours a week of dialysis treatment.

The massive intrusion in to the life of a young man did not hinder him and he began his charity work raising millions of pounds for regeneration projects, and offering help to people that were homeless and or addicted to drugs. Alongside this he ran a busy business, studied deeply and taught Tai Chi and Yoga, again overcoming the obstacles that could easily have hindered him.

As a teacher he was inspirational, generous, encouraging and gentle. To watch Keith perform was inspiriting, his Tai Chi was beautiful, purposeful and dynamic. Steadfast in his attention to perfect alignment, intention and detail, his depth of understanding, his generous ability to share and pass on his knowledge was enriching.

The pain he bore would have stopped many in their tracks, but despite this, he kept up his training, pursued his own studies, and luckily for those of us fortunate enough to learn from him, his teaching.

A true Taoist he loved all life and believed in total respect and love for animals, trees, the earth and the elements that give us life.

He truly was the most positive person we could hope to ever know and one of the best of men.

*extract from: A life full of Glory by Keith*

I close my eyes and soak in the peace and stillness..slowly, the lilting ebb and flow of the breeze rustling through the Eucalyptus, the lazy warmth and freedom from 'things that must be done' recalls a Summer day on an empty, windswept North Norfolk beach. A few stolen moments spent releasing the demands of three simultaneous careers as the soothing rhythm of waves echoed the ebb and flow of the Dao, reminding me that I am still, and always, a part of nature.

*Kit*



*My love there here could never  
have been enough time with  
you, where I go..you go with  
me and you will remain in the  
hearts of your family and  
friends always.*

*Glory*