

Tai Chi and Qigong Fundamentals
Spring 2020 – Weeks #7 & #8 Homework

“Happiness is not something ready-made. It comes from your own actions.”
Dalai lama

Practice Components

Stationary Qigong

Meditation – Sitting; Standing; Lying down

Mindfulness/Focus – Breath; Body; Senses; Emotions; Thoughts; Environment

Moving Qigong

Neutral Stance (fixed) – Grand Opening, Arm Circles, Pebble in Pond, Cloud Hands, Open the Window, Buddha Holds Up the Sky, The Wheel, Shoulder Rotation; Sink Energy/Pull Down the Heavens, Knock on the Door

Santi Stance – Open/Close Chest; Double-Arm Spirals Forward & Back

Moving Step – Leg Hooks/Close Step, Cloud Hands, Tai Chi Walking

Tai Chi Form

#1) Preparation

#2) Lazy about Tying Coat

#3) Push with Both Hands

#4) Change Palms 4x

#5) Step Back and Whirl Arms

#6) Peng/Lu/Ji/An

#7) Cloud hands

#8) Sink Energy

“Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything.” – Thich Nhat Hanh

Extra Credit

- 1) Alternate moving and stationary exercises from the list above – have fun!
- 2) Sit, stand and move with ease.
- 3) Review all practice plans – practice regularly. Stay curious!!!!

Websites/Links of Interest

www.communitytaichi.org

thichnhathanhfoundation.org