Tai Chi and Qigong Fundamentals
Spring 2016 – Weeks #1 & #2 Practice Plan

“Whether you think you can or you think you can’t, you are right!” - Henry Ford

15-Minute Practice Plan

Moving Qigong (3-5 min.)
   Grand Opening several times
   Choose a few favorites from variety presented in class
   Sink Energy/Pull Down the Heavens

Static Qigong – Mindfulness (5 – 10 min.)
   Sitting meditation – (with music if possible)

Tai Chi Form (Moving Qigong) (3-5 min.)
   Form Movement #1 & #2
   Finish with Knock on the Door & Pull Down the Heavens

“If you don’t know where you’re going, you might wind up someplace else.” - Yogi Berra

“Extra Credit”

Mindfulness in Daily Activities

1) STANDING - brushing your teeth, standing in line at a store/theater or fixing a meal in the kitchen. Is your back straight and are your shoulders relaxed? Is your weight distributed evenly in your feet? Is it moving? Are your knees locked?

2) SITTING – reading, eating, watching TV, “computering.” Notice your posture. Could you sit up a bit straighter and feel more relaxed? Imagine a gentle lift at the crown of your head.

2) MOVING AROUND – the house or office. Take note of your footwork when you change direction and move from one counter or fixture to another. Do you feel steady and safe? Could you respond quickly if the floor was wet or obstructed?

3) WALKING - Do you use both feet in exactly the same way? Notice that walking is alternating standing on one leg and then the other! What are you doing with your upper body? Is your back straight, with waist loose and hips relaxed?

4) MINDFULNESS – Increase sitting meditation by a few minutes each day. Alternatively, develop 2 or 3 five-minute “Mindful Breathing Breaks.” You may want to alternate between sitting and standing meditations. If you are curious about practicing, you may find some answers to FAQ’s in the documents we have posted on OLLI’s website: I have posted a link to OLLI’s site in the “open forum” section of my website – address below.

Community Tai Chi website
www.communitytaichi.org

RELAX..........BREATHE..........SHIFT WEIGHT MINDFULLY