

Gentle Tai Chi - Qigong



QIGONG MOVEMENTS

Chi Breathing – Noisy Warm Up Breaths (Ahhhh)

Opening the Energy Gates

Connecting Heaven and Earth

Shoulder Shrugs

Hip Circles

Painting with Light

Tree Swaying

Pearl in Hand

Punches/ Eye of the Tiger – 2 patterns

LoHan Patting

Tiger Growl – Raaa Let go of the stress

Cobra Hissing – Shhh

Wo Chi Positions – Use back muscles to lift and hold arms

Standing Meditation

Six Healing Sounds

Lotus Flower Closing

Tai Chi Trudy