

Gentle Tai Chi - Qigong



GENTLE TAI CHI MOVEMENTS

Around the Platter – 10 and 2

Ball to the Mountain – 10 and 2

Ball in the Valley – 10 and 2

Brush Knee – 10 and 2

Calming the Waters of the Heart – 10 and 2

Circle the Ball – Side to side

Cycle of Clouds – Side to side

Fanning the Wind – Side to side

Focus the Arrow – Side to side

Over the Drum – 10 and 2

Parting the Wild Horse's Mane – 10 and 2

Push and Pull – 10 and 2

Push from the Shoulder – 10 and 2

Push the Waters to the Side – side to side

Push Up and Down – 10 and 2

Single Whip – 10 and 2

Stirring the Energy – 10 and 2

Waves of the Universe – 10 and 2