



Gentle Tai Chi - Qigong

Gentle Tai Chi Sequences



Part 1 – Calming the Waters

Hands in prayerful pose with feet together

- **Namaste bow**

Hands hang down in front of thighs, arms straight

Small step to L - feet shoulder width apart, knees slightly bent

- **Painting with Light**

Hands horizontal at chest height

Bring L foot in then step to 10 o'clock:

- **Calming the Waters of the Heart – Weight on R**
- **Around the Platter - R**
- **Stir the Energy – R**
- **Over the Drum – R**

Hands on L with both palms facing R

Bring L foot back next to R foot, switch weight to L foot, small step R:

- **Push Water – L & R**
- **Clouds – L & R**

Hands horizontal at chest height

Leave weight on L

Bring R foot in then step to 2 o'clock (R foot):

- **Calming the Waters of the Heart - L**
- **Around the Platter - L**
- **Stir the Energy – L**
- **Over the Drum – L**

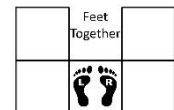
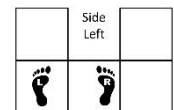
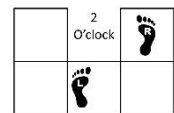
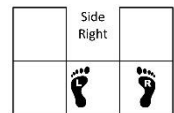
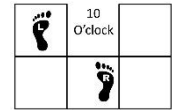
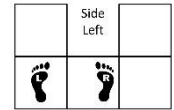
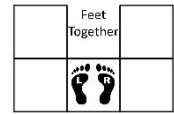
Hands on R with both palms facing L

Bring R foot back next to L foot, switch weight to R foot, small step L:

- **Push Water – R & L**
- **Clouds – R & L**

Bring L foot in next to R foot, knees are bent

- **Close (straighten knees, hands push down and arms straighten with palms facing down)**





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Part 2 – Waves of the Universe

*Hands in front of shoulders, palms facing out
Feet together, weight on R, step to 10 o'clock (L foot)*

- Waves of the Universe – Weight on R
- Push Pull – R
- Push from Shoulder – R

*Bring L foot next to R foot, both arms extended up overhead, palms facing each other
Small step L and shift weight to center, knees bent*

- Tree Swaying – R & L, end in center with arms straight up

Bring hands and arms straight down, hands on L with R hand on top facing down and L hand facing up (holding ball)

Bring L foot back next to R foot

- Carry the Ball Sequence L (3 Circles-2 Carries)

- Feet Together: Circle the Ball starting on L side, R hand on top
- Step R: Carry the Ball L, R
- Bring L foot in next to R foot: Circle the ball L, R
- Step R: Carry the Ball L, R
- Bring L foot in next to R foot: Circle the ball L, R

*Hands in front of shoulders, palms facing out
Step to 2 o'clock (R foot)*

- Waves of the Universe – Weight on L
- Push Pull – L
- Push from Shoulder – L

*Bring R foot next to L foot, both arms extended up overhead, palms facing each other
Small step R and shift weight to center, knees bent*

- Tree Swaying – L & R, end in center with arms straight up

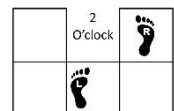
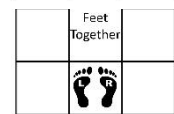
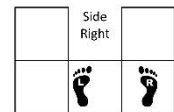
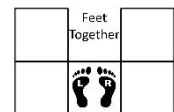
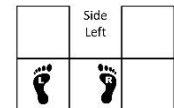
Bring hands and arms straight down, hands on R with L hand on top facing down and R hand facing up (holding ball)

Bring L foot back next to R foot

- Carry the Ball Sequence R (3 Circles-2 Carries)

Feet should be together, bring hands in front of shoulders, palms facing down

- Close



Part 3 – Focus the Arrow

Feet together

Raise hands to heart center with R fingertips in palm of L hand (forms a “T”), L hand vertical with fingers pointing out

Small step to L with L foot, R knee bent, L knee straight, weight on R

- **Focus the Arrow Weight on R then L**

L hand at shoulder height in front with palm up, R hand on top of L with palm down

Bring L foot in next to R foot, weight on R, step forward L

- **Parting the Horse’s Mane R (Rock forward-back-forward-back)**

On 2nd rock back bring L foot back next to R foot, shift weight to L

R hand at shoulder height in front with palm up, L hand on top of R with palm down

Step forward R

- **Parting the Horse’s Mane L (Rock forward-back-forward-back)**

On 2nd rock back bring R foot back next to L foot, shift weight to R

Drop R elbow and bring R hand to vertical position with palm facing in

Step side L

Swing L hand up and across stomach, palm facing in until fingers touch R elbow

- **Hands in Clouds R & L**

Bring hands together on R with R palm up and L palm down

Bring L foot in and then step 10 o’clock (L foot)

- **Brush knee R**

Both hands down and slightly out from sides, palms facing out

- **Ball to the Mountain R**

Both hands up and out to the sides, palms facing out

- **Ball to the Valley R**

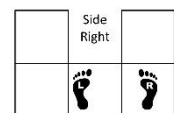
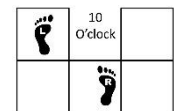
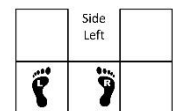
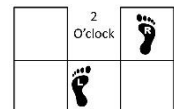
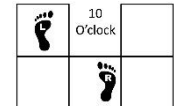
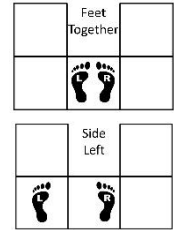
Raise hands to heart center with L fingertips in palm of R hand (forms a “T”), R hand vertical with fingers pointing out

Bring L foot in next to R foot, shift weight to L, small step to R with R foot, both knees bent, weight in center

- **Focus the Arrow L & R**

R hand at shoulder height in front with palm up, L hand on top of R with palm down

Bring R foot in next to L foot, weight on L, step forward R





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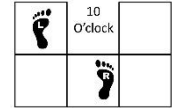


- **Parting the Horse's Mane L (Rock forward-back-forward-back)**

On 2nd rock bring back R foot back next to L foot, shift weight to R

L hand at shoulder height in front with palm up, R hand on top of L with palm down

Step forward L

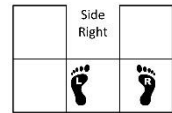


- **Parting the Horse's Mane R (Rock forward-back-forward-back)**

On 2nd rock bring L foot back next to R foot, shift weight to L

Drop L elbow and bring L hand to vertical position with palm facing in

Step side R

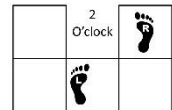


Swing R hand up and across stomach, palm facing in until fingers touch L elbow

- **Hands in Clouds L & R**

Bring hands together on L with L palm up and R palm down

Bring R foot in and then step 2 o'clock (R foot)



- **Brush knee L**

Both hands down and slightly out from sides, palms facing out

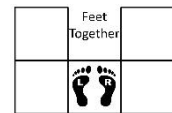
- **Ball to the Mountain L**

Both hands up and out to the sides, palms facing out

- **Ball to the Valley L**

Bring R foot back next to L foot, feet together, knees straight

Arms extended down and slightly out at sides palms facing each other



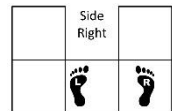
- **Single Flutter**

- **Gathering the Chi**

- **Repeat Flutter and Gathering the Chi**

Arms extended down and slightly out at sides palms facing up

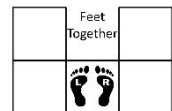
Small step R



- **Lotus flower closing ending in with arms open**

Bring hands in to prayerful pose

Bring R foot in next to L foot



- **Namaste bow**