

Tai Chi 24 Class

Welcome to our beginning Yang style Tai Chi 24 class.

Tai Chi lineage:

Elderly Monk in China - Master Zhou Chu-Xiong - John McElroy - CJ Prince - Debi Martin

Tai Chi is mediation in motion.

The ultimate purpose of tai chi is cultivate the qi or life energy within us to flow smoothly and powerfully throughout the body. Tai chi is one of the most powerful mind-body exercises.

We are here to focus on our health. I encourage you to give yourself the gift of taking a reprieve from the stresses of life as we practice Tai Chi together.

What to wear? Comfortable loose fitting clothing. Comfortable supportive shoes.

What to bring: Water- it is important to stay hydrated

Here is a list of a just a few of the benefits of Tai Chi you may experience:

Increased strength and muscle tone

Improved balance and flexibility and fall prevention

Lower blood pressure

Improved lymph node circulation and stronger immune system

Greater sense of well being and inner peace

Lowered anxiety and stress levels

Maintained and possibly increased bone density

Dan Tien: Energy points we will refer to.

Dantian, dan t'ian, dan tien or tan t'ien is loosely translated as "elixir field", "sea of qi", or simply "energy center".

Upper Dan Tien - located in the center of the forehead just above the eyebrows.

Middle Dan Tien - is located at the heart center.

Lower Dan Tien - is located two inches below navel and one and a half inches in.

All movements are initiated and steered by the lower Dan Tien.



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Beginning Stance

~Imagine~

Your feet are rooted into the earth keeping you grounded and giving you strength and balance from below.

The golden thread coming from the top of your head connected to the heavens, keeping your spine aligned and allowing a gentle space between your vertebrae.

Your tongue gently touches the roof of your mouth, just behind your front teeth. This allows for the energy flow to be circular and helps you to relax, focus and slow down while practicing Tai Chi

Shoulders are relaxed, this permits the movements to be initiated from the spine.

Three deep belly breaths made with the diaphragm.

Warm ups: Pull the log under the water

Open the inner gates

Pat chest

Swing Arms

Pull the ball under the water

Shake it out

Other important points:

Please honor and take care of any aches and pains you may have. Tai Chi moves can be modified to your needs and limitations.

Make sure that your knee does not pass your toe when shifting forward.

Shoulders are relaxed at all times.

Hands are relaxed with space between the fingers.

Arms are not more than 70% stretched out and not more than 70% toward the body.

Most Important:

Enjoy the process, have fun with Tai Chi practice.