

TAI CHI EXERCISES

- **IMPROVES BALANCE AND STABILITY**
- **SUPPORTS HEART HEALTH**
- **REDUCES STRESS AND ANXIETY**
- **BOOSTS IMMUNE FUNCTION**
- **ENHANCES FLEXIBILITY AND WELL-BEING**

 Before making any dietary changes or starting an exercise program, consult your doctor or another qualified healthcare professional to find out what is appropriate for your individual health needs.

SEATED TAI CHI EXERCISES

Gentle movements you can do from a chair

1 SEATED BREATHING



Focus on slow, deep breathing to calm the mind and relax the body.

2 LIFT THE SKY



Raise your arms with palms up to stretch the body and open your chest.

3 WARD OFF



Extend one hand forward with palm out to build focus and upper body strength.

4 SEATED TWIST



Gently twist side to side to improve spinal mobility and digestion.

5 PUSH DOWN



Press your hands down slowly to release tension and improve circulation.

STANDING TAI CHI EXERCISES

Build balance, strength, and flexibility

1 COMMENCING FORM



Begin with focus and intention. Center your body and mind.

2 PART THE WILD HORSE'S MANE



Open the chest and shoulders. Improves posture and balance.

3 WHITE CRANE SPREADS WINGS



Enhances flexibility and promotes smooth, flowing movement.

4 BRUSH KNEE AND PUSH



Improves coordination and strengthens legs and core.

5 SINGLE WHIP



Builds full-body strength and improves balance and coordination.

6 GRASP THE SPARROW'S TAIL



Improves flexibility, posture, and hip mobility.

7 CLOUD HANDS



Promotes relaxation and enhances mind-body connection.

8 TURNING AND STEPPING



Improves agility, coordination, and spatial awareness.

9 FAIR LADY WORKS SHUTTLE



Enhances balance and refines graceful movement.

10 CLOSING FORM



Gently close your practice with gratitude and calm.



MOVE MINDFULLY. BREATHE DEEPLY. LIVE WELL.
Practice Tai Chi regularly to enjoy a healthier body, a calmer mind, and a better quality of life.



START SMART
Health & Wellness

"Helping you live better, longer."



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