

## T'AI CHI EXERCISES

1. Twist the body to the left and right letting the arms swing naturally from side to side. Repeat several times.
2. Place the right heel on the ground with the right toes pointed up and out to the side. Put the left hand on the left hip and bend down gently to the right with the back of the right hand moving toward the right toes. Place the left heel on the ground with the left toes pointed up and out to the side. Put the right hand on the right hip and bend down gently to the left with the back of the left hand moving toward the left toes. Repeat several times.
3. Bring both arms up over your head with the palms facing the sky and fingers almost pointing towards each other. Hold for a few seconds. Move both arms out to the sides until the palms are at shoulder height facing out. Hold for a few seconds. Repeat several times.
4. Let your arms float down to the sides of your body.
  - A. Cross the arms low in front. The arms continue up close to the body as if hugging yourself until they separate arching over your head. Let your arms float back down to the sides. Repeat A. several times.
5. The arms move up crossing at the level of the chest. The palms float down to the sides of the body and then:
  - A. The palms move up and around to the outsides of the body with the elbows fairly close to the body. Then the palms float down to the level of the waist (facing the ground) and the wrists relax slowly as the arms totally relax at the sides of the body. Repeat A. several times.