

Tai Chi Easy™

(as taught by Ellen Blumenfeld, Tai Chi Easy™ practice leader)

- 0. Preparation - Wuji and Step Out**
- 1. Lift and Lower Arms**
- 2. Harmonizing Yin and Yang x 3**
- 3. Brush Knee Send Qi x 3**
- 4. Cutting The Path To Clarity (Step Back) x 3**
- 5. Wave Hands Like Clouds**
- 6. Gathering Qi**

End with Step Foot In, Bathing The Body With Intention

youtube videos:

Tai Chi Easy 5 movements

Tai Chi Easy 5 form with Rodger Jahnke

Demonstration of Tai Chi Easy

principles of movement:

Center of gravity in LDT(lower dantien-core)

Maintain heavenly pull (crown of head towards sky)

Natural abdominal breathing

Hips guide the movement of the torso

Elbows stay low towards ground

flowing, continual movement with calm state of mind