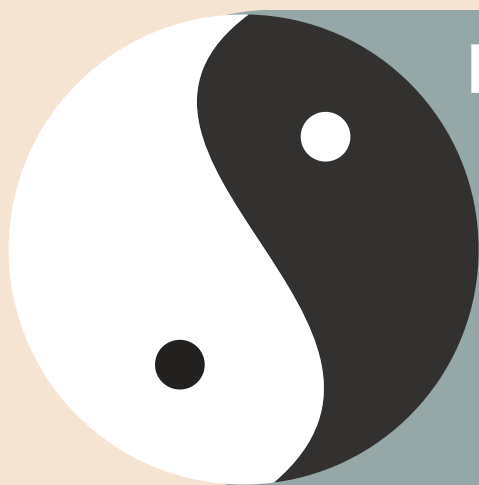




TO DO THIS WEEK

THE LEARNING TAI CHI GUIDE

Remember to listen to your body and adjust the intensity of your practice as needed. Over time, you can gradually increase the duration and complexity of your Tai Chi practice.



Day One

- Spend 10-15 minutes researching the history and philosophy of Tai Chi.
- Find a quiet, open space to practice Tai Chi.



Day Two

- Review the basic Tai Chi movements, Practice each movement slowly and with proper form.
- Focus on your breathing and the sensations in your body as you move.



Day Three

- Practice Tai Chi for balance, focusing on movements that improve stability and coordination.
- Experiment with "single-leg stance" and "heel-to-toe walking" to improve your balance.



Day Four

- Incorporate Tai Chi into your daily routine.
- Spend 10-15 minutes practicing Tai Chi in the morning or evening to build consistency and mindfulness.



Day Five

- Watch a video or read an article about the health benefits of Tai Chi.
- Reflect on how your practice is impacting your physical and mental wellbeing.