

Tai Chi Exercises



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Tai Chi



What is Tai Chi?

Tai Chi, also called Tai Chi gung, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, Tai Chi is now practised around the world as a health-promoting exercise.

Is Tai Chi suitable for me?

Get advice from your GP before starting Tai Chi if you have any health concerns or an existing health condition. You may need to take certain precautions if you're pregnant, have a hernia, back pain or severe osteoporosis.

More information available at NHS guide to Tai Chi.

<https://www.nhs.uk/live-well/exercise/guide-to-tai-chi/>

Movement One

Hold a ball of light



HRS – hold the energy in front of the dantien with the left hand underneath, right hand on top, breathe in and as you breath out push the right hand out and pull the left hand back, like you are stretching a rubber band. Breath in back to the centre and this time have the left hand on top. Repeat 4 times for each hand.

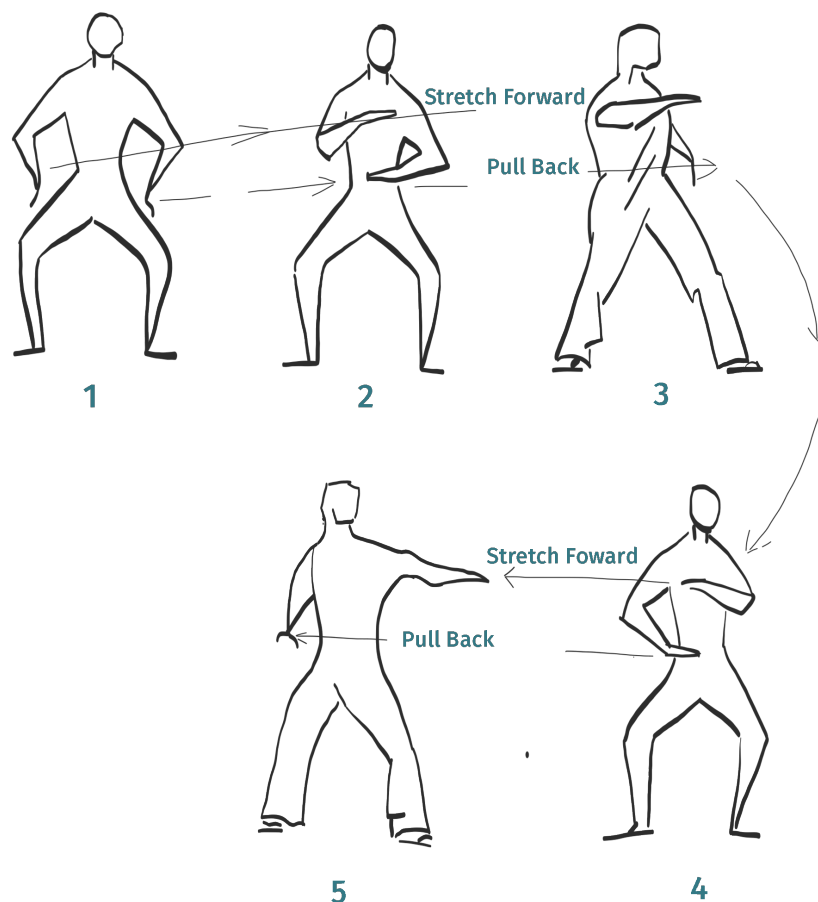
Physical benefits

good for arthritis in shoulders, elbows, and wrists, eases asthma and bronchitis.

Energy benefits

opens energy lines in the arms and can help to release blocked energy at the heart centre.

Be aware of the hands meeting in the middle and of holding the ball before going in to the move, also feel the stretch of the energy.



Movement Two

Push the Shoulder



HRS. Breathe in at the centre, left hand facing the ground, turn towards the left with the right hand pushing the left shoulder – rising up on to right toes as you breathe out. Breathing in, right hands faces the ground, left hand pushes right shoulder, up onto the left toes.

Repeat four times each side.

Physical benefits

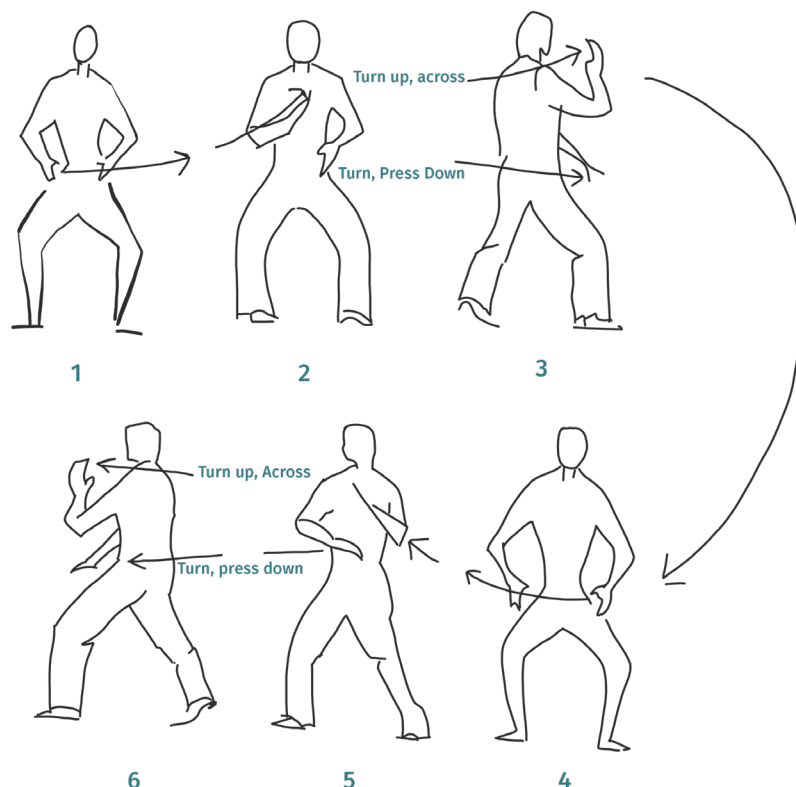
helps ease arthritis in arms hands and shoulders.

Energy Benefits

it blends yin and yang through the spiralling movements

NOTICE

Beware if you feel ungrounded to press down on toes to open heart and ground into the floor. It is the whole body that moves



Movement Three

Push the fire ball



Dragon stance

right leg forward, left leg back. Left hand pushes forward and circles back 4 times whilst right hand circles back – palm level with the brow centre, then left hand to right hand side.

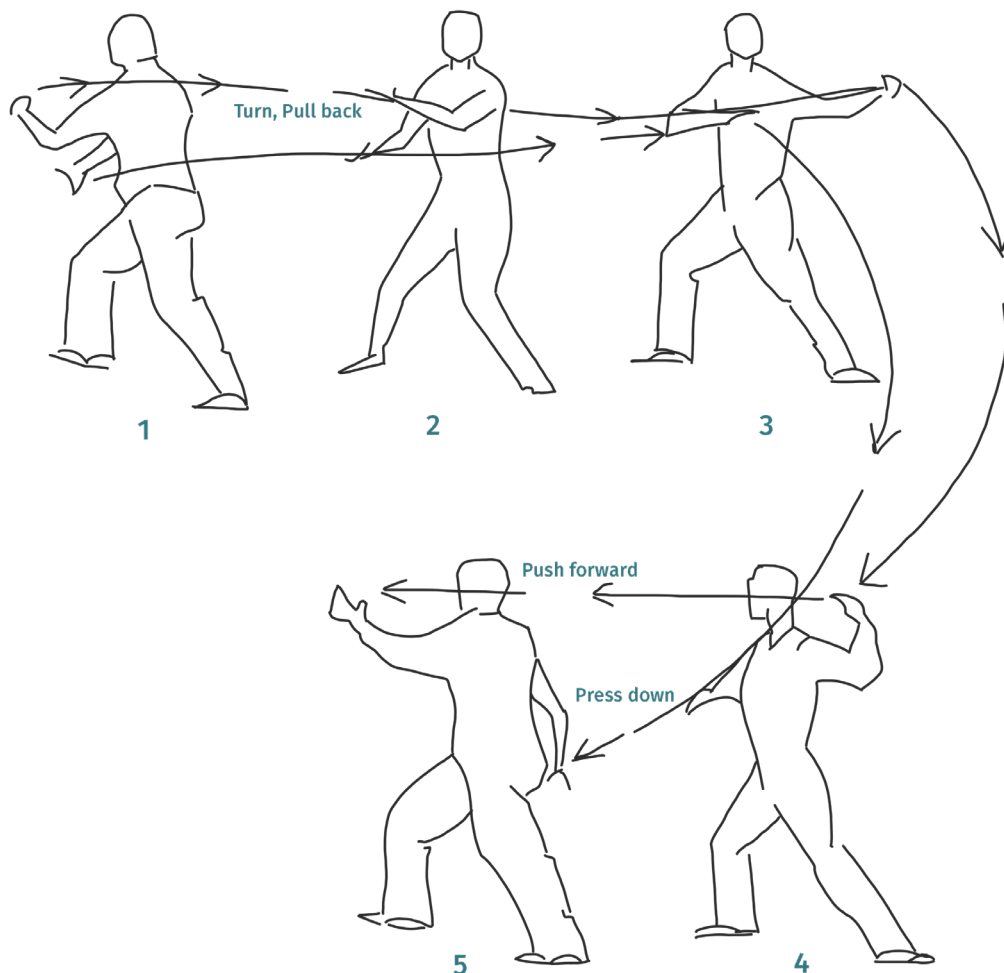
Physical Benefits

cleanses kidneys and strengthens lower back.

Energy Benefits

strengthens pre-natal chi .

Be aware of the energy link between the hands, keep the palm facing straight ahead as you push.



Movement Four

Waving Hands Like the clouds



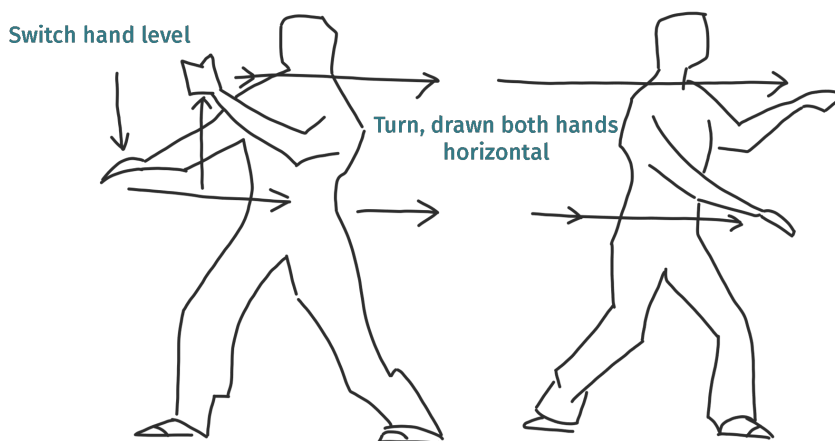
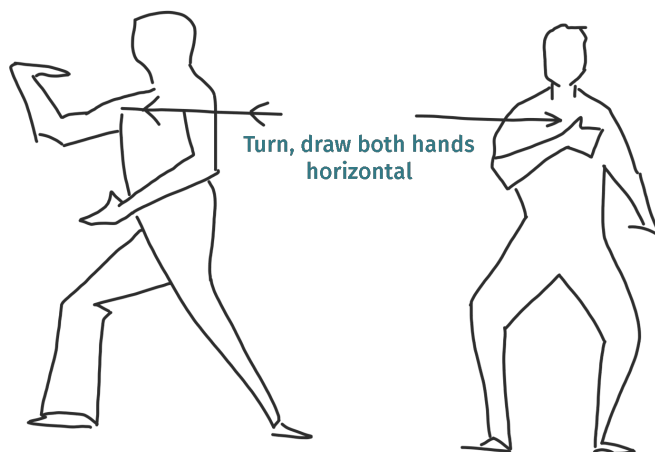
HRS – Right hand heart level, left hand facing the ground
– using the waist not the arms turn to the right hand side, moving the weight over as well, when hand becomes level with the knee switch the hands and move back to the left.

Physical Benefits

strengthens spleen, appetite and digestion.

Energy Benefits

helps to bring the air elements out of the head to assist in greater mental clarity.



Movement Five

Lift the ocean to gaze on the moon



Dragon stance

right leg forward –hold the energy between the palms other above the right knee which is bent. Bring the ball of light above the head breathing in turn palms skyward –gaze on the moon and lift the toes of the right foot off the floor. Breathing out back to starting position .

Repeat four times on each side.

Physical Benefits

strengthens kidneys and stomach, also good for kind of stomach problem. Strengthens back leg.

Be aware when changing legs to do it mindfully and not drop the energy.

