

Warm-up with deep breathing and gentle head-to toe movement.

(Note: Exercises may be done sitting if preferred.)

- Deep breathing
- Gentle body stretch/rotation
- Neck stretch
- Shoulder rotation
- Wrist rotation
- Upper/lower arm stretch
- Waist/hip rotation
- Knee rotation
- Ankle rotation

24 Form Yang-style Tai chi exercise

Includes a series of postures designed to synchronize breath and movements. Examples include:

- Commencing form
- Part the wild horse's mane
- White crane spreads its wings
- Brush knee and step forward
- Play the lute
- Repulse the monkey behind you
- Grasp sparrow's tail (left)
- Grasp sparrow's tail (right)
- Single whip
- Pat the horse's head
- Right heel kick
- Strike ears with both fists
- Turn, left heel kick
- Snake creeps down (left)
- Golden rooster stands on one leg (left)
- Snake creeps down (right)
- Golden rooster stands on one leg (right)
- Fair lady works at shuttles
- Needle at the bottom of the sea
- Fan through back
- Turn body, deflect, parry and punch
- Beginning closure
- Cross closure
- Close form

Cool down with guided relaxation exercise