

T'ai Chi Chih™ moving meditation

easy to learn nineteen movements and one posture...

1. rocking motion warm up

2. bird flaps it's wings warm up

3. around the platter

4. variation platter

5. big base drum

6. daughter on the mountain top

7. daughter in the valley

8. carry the ball to the side

9. push pull

10. pulling in the energy

11. basic taffy

12. anchor taffy

13. wrist circle taffy

14. perpetual motion

15. working the pulley

16. light at the top of the head and light at the temples

17. joyous breath

18. passing clouds

19. healing sounds

ho/heart hu/spleen szu/liver

hsu/lungs hsi/3-heaters chui/kidneys

20. cosmic consciousness pose

revised 6-26-09