

Linda's Tai Chi  
[LindaTaiChi@comcast.net](mailto:LindaTaiChi@comcast.net)  
360-389-5754

## **Easy Breezy Tai Chi©**

Tai Chi uses the **natural movement of the body**

**Walking**

**Rocking a baby to sleep**

**Sitting in a chair**

**Standing up**

**Turning at the waist**

**Stepping**

**Moving side to side**

**Turning the wrist & cupping the palm**

**Waving hello**

**Pushing**

**Balancing on one foot**

**Tai Chi keeps the brain in homeostasis & enriches the  
spirit©**

**Alert but not fearful or anxious**

**Focused on the here and now**

**Cool, calm, and collected**

**Deep, slow and relaxed breaths**

**Enjoy Smidgeons**

**Be grateful as often as possible**