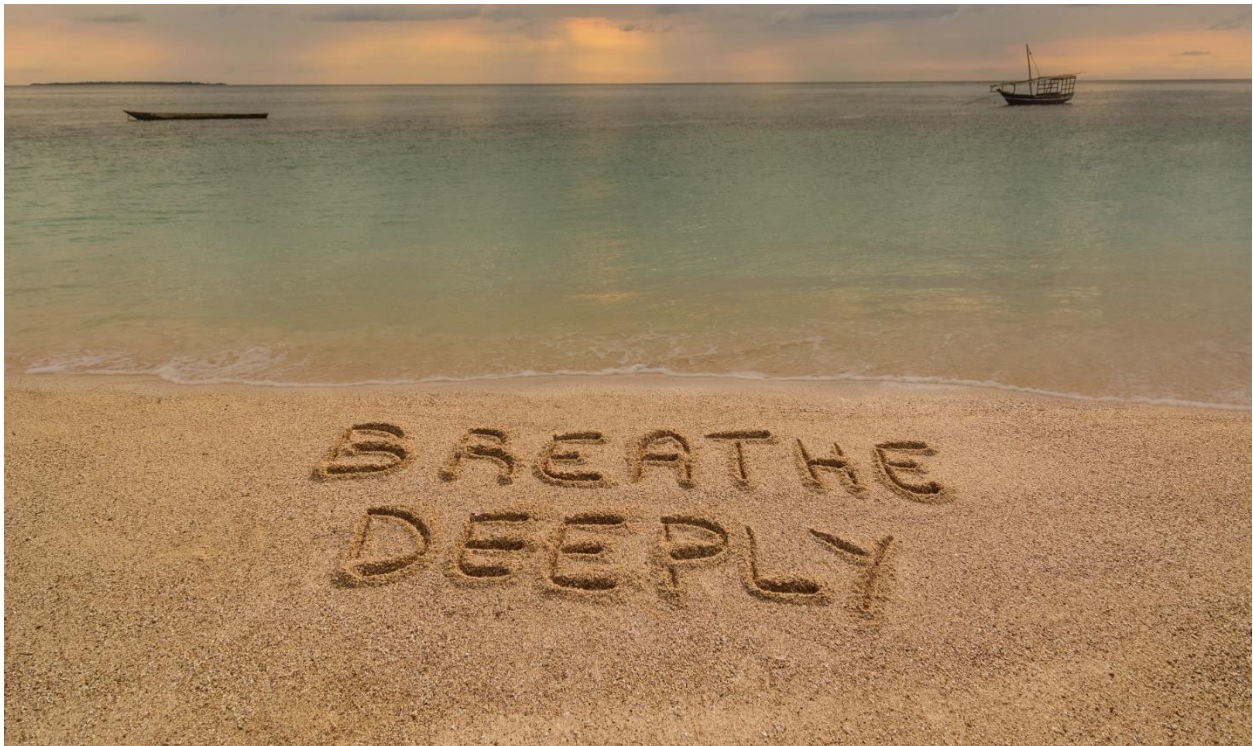




Linda's T'ai Chi Ch'uan Weekly Handout August 8, 2021

### The 5 Breath Mantras



To begin, find the bubbling well spring. Settle your mind and breathe in and out through your nose a few times. In the form this is referred to as preparation. I do each breath twice instead of once. I find it more calming. Go as slowly as you can to feel your body and the breath. As you breathe in deeply, lift your arms. As you breathe out, lower your arms using your feet and lower body to raise the arms. Relax the toes.

Breath 1

I give my body permission to soften, relax, loosen and let go.

Breath 2

I give my body permission to create space in my joints.

Breath 3

I give my body permission to elongate my spine, honoring my string of pearls.

Breath 4

I give my body permission to harmonize internally with all systems working together in perfect harmony.

Breath 5

I give my body permission to harmonize with the world outside of myself, at one with nature, all creatures, all energy forms and to feel a part of the whole.

I encourage you as you wish to add to the above mantras or change them to meet your particular needs and goals for health and wellbeing.

Peace, Linda

