

28-Day Chair Tai Chi Plan

Start the Chair Plan Free — taichi.help

A free 28-day plan you do entirely from a chair — 18 seated movements, about 5-10 minutes a day, guided step by step in the Tai Chi Coach app.

Your 4-Week Journey

Week 1 — Foundation

Breath, joints, and a tall seated posture. You learn the warm-ups and the opening form. Around 4-6 minutes a day, ending with a review on day 7.

Week 2 — Flow

Upper-body flows. Cloud Hands and Parting the Wild Horse's Mane join the routine so movements start to link together. Review on day 14.

Week 3 — Form

Seated tai chi forms. White Crane Spreads Wings, Single Whip, and Drawing the Bow build the full vocabulary. Review on day 21.

Week 4 — Integration

Longer sequences. Everything connects into one calm routine of about 8 minutes, finishing with Graduation on day 28.

The 18 Seated Movements

Warm-ups (8)

- Seated Deep Breathing
- Seated Shoulder Circles
- Seated Neck Rotations
- Seated Wrist Rotations
- Seated Torso Twists
- Seated Side Bends
- Seated Ankle Rotations
- Seated Heel and Toe Raises

Main forms (7)

- Seated Opening Form
- Seated Cloud Hands
- Seated Hold Up the Sky
- Seated Parting the Wild Horse's Mane
- Seated White Crane Spreads Wings
- Seated Single Whip
- Seated Drawing the Bow

Close (3)

- Seated Kidney Rub
- Seated Dantian Closing
- Seated Gratitude Pose

28-Day Chair Tai Chi Plan

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Day 8 ☐	Day 9 ☐	Day 10 ☐	Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐
Day 15 ☐	Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐	Day 21 ☐
Day 22 ☐	Day 23 ☐	Day 24 ☐	Day 25 ☐	Day 26 ☐	Day 27 ☐	Day 28 ☐

Safety: Move without pain and keep your breathing natural. Stop if you feel dizzy or short of breath. If you have a health condition or are recovering from surgery, check with your doctor or physiotherapist before you start.

Start the Chair Plan Free
<https://taichi.help>