

FREE PRINTABLE • TAI CHI FOR BEGINNERS

Your First Week of Tai Chi

One gentle move a day. 5 slow repetitions. About 5 minutes.



DAY 1

Opening Form

Breathe in, arms float up • Breathe out, palms press down



DAY 2

Slow Shoulder Rolls

Lift, roll back, drop • Arms stay loose



DAY 3

Cloud Hands

Turn from the waist • Let the hands float



DAY 4

Holding Up the Sky

Breathe in, press up • Breathe out, float down



DAY 5

Opening the Chest

Breathe in, open wide • Breathe out, gather in



DAY 6

Seated Twist

Sit tall, turn slowly • Then the other side



DAY 7

Separating Heaven and Earth

One palm up, one palm down • Switch sides, slowly



Soft knees • Slow breath • Stay within a comfortable range • Hold a chair if you need support

Want the full guided 28-day plan?

Tai Chi Workout for Beginners • App Store & Google Play

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