

Tai Chi Walking

Free Printable 7-Day Indoor Routine — 10 Minutes a Day

Tai Chi Walking is a gentle, low-impact way to move: you walk slowly in place (or across a small room) while syncing soft Tai Chi arm movements with your breath. No equipment, no jumping, no experience needed — about 10 minutes a day in any small space.

How Tai Chi Walking Works

Step slow, in place

March gently in one spot or across a few feet. Heel-to-toe, knees soft, no impact.

Lead with the breath

Move at the pace of slow, even breathing into the lower belly — never rushed.

Let the arms float

Add soft Tai Chi arm movements (cloud hands, gather Qi) so the upper body joins in.

The Daily 10-Minute Sequence

Do this gentle sequence every day. Stay within a comfortable range and keep breathing natural.

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| 1. Settle & Breathe | Stand tall, feet hip-width, knees soft. Breathe slowly into the lower belly. — 5 breaths |
| 2. Slow Marching in Place | Lift each foot slowly, heel to toe, knees soft and quiet. Find an even rhythm. — 1 min |
| 3. Cloud Hands Walking | Step gently side to side as your hands float across the body, waist turning. — 2 min |
| 4. Gather & Press (stepping) | Step forward as both arms open; press softly forward as you step back. — 2 min |
| 5. Indoor Wander | Walk slowly around the room, arms swaying loosely, breathing easy. — 3 min |
| 6. Cool-Down: Stand & Settle | Return to stillness, palms on the lower belly, and let calm settle in. — 5 breaths |

Your 7-Day Plan

Day 1 — Foundations

Learn the slow march and breathing. ~8 min.

Day 2 — Posture

Tall spine, soft knees, relaxed shoulders. ~8 min.

Day 3 — Breath

Match each step to a slow breath. ~10 min.

Day 4 — Flow

Add Cloud Hands while stepping. ~10 min.

Day 5 — Balance

Slow down; feel each weight shift. ~10 min.

Day 6 — Longer

Add the indoor wander. ~12 min.

Day 7 — Full Routine

Put the whole sequence together. ~12 min.

7-Day Tracker

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>
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Safety: Move within a pain-free range and keep your breathing natural. Hold a wall or sturdy chair if balance feels unsteady. Stop if you feel dizzy or short of breath. If you have a health condition, ask your doctor before starting.

Want guided audio and video for every move? Get the free Tai Chi Coach app: <https://taichi.help>

Based on general Tai Chi practice and public guidance from the US National Center for Complementary and Integrative Health (NCCIH).