

Tai Chi Easy™

*Meditation in Motion to Cultivate
a Relaxed Mind, Greater Balance & Enhanced Vitality*

Tai Chi Easy™ is a simplified, accessible and carefree version of traditional Tai Chi, the flowing ancient Chinese mind-body routine practiced to promote inner peace, resilience, flexibility and to nourish longevity. Tai Chi Easy™ is a doorway into more complex forms of Tai Chi, and allows the practitioner to feel and experience the relaxed state and health benefits of traditional Tai Chi more quickly. Developed by Dr. Roger Jahnke, OMD, the Tai Chi Easy™ Five powerful yet gentle movements draw from both Tai Chi and Qigong techniques: Slow Movements, Therapeutic Breathing, Mindful Awareness and Self-Applied Massage. These practices can be done standing, sitting or lying down. This is an invitation for you to relax, enjoy and flow!



Aligning & Adjusting the Three Treasures

1. **Body** – (sinking & rising) tune into posture. Feet rooted to the earth. Knees slightly bent. Spine straightened. Neck tucked slightly. Top of head tall, connected to sky. Tail subtly tucks. Shoulders relax. Fingers soft. Face muscles relaxed. Gentle smile.)
2. **Breath** – Long, Slow & Deep Breaths (LSD Breaths). Deeper inhales. Lengthen exhales. Drawing in more nourishing life force energy, expanding whole torso.
3. **Heart-Mind** – with purpose, allow yourself to disentangle from life's complexities. Release the unhelpful parts of the past & ideas about the future and come into present moment focus.



Ancient Practice Meets Modern Science

Tai Chi has its roots in Taoist philosophy, where at its foundation, an invisible life-force energy called **Qi (chee)** flows through everything in the universe, all of nature, all living things and throughout the human body in a *Qi Matrix*. Qi-energy is like a nourishing fuel for all functions of the mind & body, activating all circulation, brain chemistry, hormones, digestion, etc. In Traditional Chinese Medicine, the “righteous Qi” activates and amplifies all naturally occurring internal healing mechanisms known as “the medicine within!”

When Qi-energy flows abundantly, the mind & body functions more effectively and results in greater wellbeing. Stagnant, impeded or blocked Qi-circulation results in acute or chronic illness, such as pain, stress, anxiety, insomnia or other health challenges. Regular practice of Tai Chi Easy™ cultivates & amplifies the smooth flow of nourishing Qi and brings the Yin & Yang Qi-energies into more harmony, strengthening resiliency.



Tai Chi Ball = Yin & Yang



Tai Chi and Qigong are often called, *Medication in Motion*, due to their numerous physical & emotional health benefits. Qigong originated over 5,000 years ago as a simple practice to enhance inner awareness, wellbeing and a connection to nature. Tai Chi developed around 800 years ago as a martial art and focused on precise movements and a focused mind to yield and neutralize oncoming threats. Years of anecdotal evidence is now supported by numerous scientific studies which conclude that Tai Chi and Qigong practices are effective ways to manage stress, reduce pain, improve balance, lower blood pressure, regulate heart rate, promote brain plasticity, improve emotional wellbeing, mental focus-clarity and more!

Tai-Chi Easy™ Vitality Warm-Ups

Flowing motion



Raise palms up, breathe in
Palms flow down breathe out
Allow yourself to flow freely

Benefits: Increases blood circulation
Lowers blood pressure
Stimulates lymph & immune system
Activates relaxation response

Wind in Bamboo (Right & Left Bending)



Bend right, exhale
Return to center, Inhale
Bend to left, exhale

Benefits: Stimulates lymph detox
Improves flexibility of rib cage
Exercises spine muscles
“Massages” the spinal discs

Honoring Heaven & Earth (Front & Back Bending)



Inhale, raise palms up to sky, arch upper back slightly. Exhale, palms make fists, press fists together with force, bend forward, contracting all muscles. Exhale fully.

Benefits: Rib cage flexibility
Maximizes lung capacity
Promotes balance
Stimulates lymph flow & relaxation

Reaching Up & Out (Make a Rainbow)



Inhale, lacing fingers together at navel level & raise palm upwards, stretch up & look at sky. Exhale, unlace fingers, lower arms gently to sides, palms facing outwards, making a rainbow

Benefits:
Improves flexibility of spine
“Massages” the spinal discs
Increases blood circulation
Pumps the lymph system

Spontaneous Qigong



Natural, intuitive, relaxed, carefree
Align posture
Bounce, shake, breathe, laugh, sigh

Benefits:
Releases tension
Improves circulation & energy flow
Calms & energizes mood

Breathing



Essential breath
Gathering Breath
Sigh of Relief
Xi Xi Hu

Benefits:
Activates the relaxation response
Lymph system activation
Revitalizing
Strengthens Immunity

Tai Chi Easy™ – 5 Key Movements

1. Harmonizing Yin & Yang

- Align & Open
- Energy ball to the right – right hand on top, left below
- Turn left from waist, left hand “throws Frisbee.” Right hand down
- Energy ball to the left – left hand on top, right below. Turn right from waist, right hand “throws Frisbee”
- Slowly, gracefully repeat several times ending with right hand on top
- Slowly inhale and exhale throughout. Link the breath with the movement



2. Brush Knee, Send Chi

- Turn energy ball upside down, left hand now on top
- Slowly drop both hands downward, left hand “brushes” knee
- Right hand move out to side, then rises forward as if “swimming”
- Turn to left from waist as right hand crosses the body and sends chi. Form Energy ball with right hand on top
- Repeat same movements to the left side
- Repeat to each side as many times as you wish. Link slow breaths

3. Cutting the Path to Clarity

- Weight equally distributed in opening position
- Crossed palms facing chest-outward, left hand closest to chest makes first movement
- Left hand pulls back, right hand moves forward leading from pinky (knife edge).
- The left hand sweeping back then moves forward to cut a path (like a karate chop)
- Palms meet at chin level creating an energy ball
- Changing position...sweep right hand back and come forward to cut the path
- Palms face each other at shoulder height. Pause.
- Reverse and repeat as many times as you wish
- Complete at center, arms crossed at chest height, right arm closest to chest, palms facing



4. Watching Clouds Pass

- Hands crossed over chest, weight distributed evenly on feet
- Open arms out to side in arcs, shoulder height
- Right arm sweeps down & across the low part of body as the torso turns to the left
- Left hand floats down while right hand floats up, passing each other
- Hands have now swapped position & like holding a bag of groceries in front of you, turn torso to right side pivoting on Tai Chi Pole
- Left hand comes up, right hand comes down, passing each other, pivot to other side
- Repeat as many times as comfy, watching hands as cloud
- Finish with hands crossed over chest



5. Gathering from Earth & Sky

- Arms crossed over chest, palms facing toward body, weight centered
- Open arms to sides, palms facing each other
- Bend knees slightly, Float arms down
- Bend at hips towards earth, gradually gather up the Yin energy of Earth
- Rise up, “carrying” the Yin energy upward, crossing arms in front of heart
- Slowly open your arms to sides, reach up toward Sky and “gather” energy
- Bring energy down from Sky, infuse mind-body with palms to chin level
- Closing posture



Key Principles of Tai Chi Easy™

Stay Comfortable – stay in your comfort zone, adapt to keep shoulders, hips, knees, ankles and all areas safe and comfortable. Practices can be done standing, seated or lying down.

Lengthen, Sink & Rise – Knees bend slightly to earth, spine and head rise up to the sky. Feel grounded & lengthened at same time.

Relax & Release – the ancient practice of *Fang Song*, to relax and release all tension, both physically and emotionally – relax everywhere in the body & mind.

Open & Expand – fill internally with space, open body, open heart, open mind.

Breathe Purposefully – take deep breaths now and then, or link breaths to the movements.

Mind Intent – deliberately focus on what is happening now and if your mind wanders, focus on taking a deep breath, noticing the cool air coming in through your nose, feel the expansion of your torso and slowly exhale.

Tai Chi Pole – Center – attend to the Tai Chi Pole, the longitudinal center of the body. Turning from the center pole.

Flow – when one part moves, all parts move, all movements flow as a continuous sequence.

Ham it up, Own It, Flow & Flourish – pretend you know what you are doing. Build your confidence. Allow yourself to be carefree and playful. Better to do it wrong than not at all (BTDIWTNAA). Do not let perfection stand in the way of progress. Tai Chi and Qigong are meant to be a portal to self-cultivation and self-discovery through mindfulness in motion.

Robin Gellman, L.Ac. NCCAOM



Robin is a first generation acupuncturist, Tai Chi & Qigong instructor and holistic life coach. For 20 years, Robin has helped her clients calm stress, reduce pain, and restore vitality with these effective mind-body practices. As a recovering stress-a-holic, having once worked in TV production, Robin practices Tai Chi and Qigong regularly to cultivate inner balance, clarity, longevity & joie de vivre!

Inviting you to choose a few practices that resonate and run with them. Consider starting with 5 – 10 minutes a day. A little goes a long way. Be consistent, curious and confident, and stay comfortable. This is a voyage of self-cultivation and discovery. If you can practice outdoors in nature, even better. Adjusting the breath, making it longer, slower and deeper is the quickest way to shift into a more relaxed state, and can be done anywhere, without special equipment...and it's free.

Robin is the Mother of two wise and awesome young adult sons who have taken her classes and also designed this document! And, she loves Brazilian music.

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Tai Chi & Qigong Resources

Link to Three Tai Chi Easy™ Practice Videos:

- Click [here](#) to practice with the full Tai Chi Easy™ 5 Routine, [Tai Chi Easy™ Seated Routine-Just Hand Gestures](#), [Tai Chi Easy™ Vitality Warm-Ups](#)

Organizations:

- Institute of Integral Qigong & Tai Chi (IIQTC): <https://instituteofintegralqigongandtaichi.org/>
- Qigong Institute: <https://qigonginstitute.org/>
- World Tai Chi Day: <https://worldtaichiday.org/>

Books:

- "The Healer Within: Using Traditional Chinese Techniques to Release Your Body's Own Medicine" by Roger Jahnke, OMD
- "The Promise of Qi: Creating Extraordinary Wellness Through Qigong & Tai Chi" by Roger Jahnke, OMD

Scientific Studies:

- Go to PubMed and type in Tai Chi or Qigong and you will find dozens of studies showing their health benefits. <https://pubmed.ncbi.nlm.nih.gov/>