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- 1. Tai Chi- A pathway to Improved Mental and Physical Health.**
- 2. Participants will learn gentle movements in harmony with breathing, balance, and focus. This mindfulness practice can help reduce stress, promote relaxation, and generate positive energy.**
- 3. Participants can use the techniques and movements of Tai Chi to help themselves, their clients, and their patients reduce stress and anxiety, which can promote mental and physical health.**

Before the movements, let's review the **Five major acupuncture points for alignment.**

Let's begin our practice- you can stand or sit on a chair.

- 1. Warm up:** Qigong – Coordinating movement with breathing, guiding qi to the body, reaching a state of awareness and inner calm
- 2. Tai chi movements**– Serenity through gentle movement, connecting the mind and body, incorporating some reverse breathing
- 3. Cool down: Tapping and self-massage** - As a release after the movements

Tips:

Four Key Words - Presence, Calm, Focus and Relaxation. You are in the moment. Focus on what you are doing with a calm mind. Slow down and relax.

Five Major Posture-Alignment Points

Here are the five major posture-alignment points (acupuncture points) for you to incorporate into your practice.

1. Dan-tian 丹田

Meaning: dan- elixir, tian- field. The center of energy – the life force. Assists focus on qi (energy) flow and storage (sinking qi to dan-tian).

Where: about three finger widths below the navel.

2. Ming-men 命門

Meaning: ming- life, men- gate. The gate of life. Assists the function of kidneys.

Where: Lower back, roughly opposite to the navel between the kidneys.

3. Bai-hui 百会

Meaning: bai- hundred, many. hui- meeting. Many convergences. (Where some meridian channels and the governing vessel meet.) Assists in calming the spirit and clearing the senses.

Where: Crown of the head.

4. Hui-yin 会阴

Meaning: hui- meeting, yin- symbolizing shadow, softness, femininity. Yin is typically pictured in harmony with yang. Convergence of yin or yin reunion. Assists with the health of the organs around the area.

Where: At the end of the torso, at the center of the pelvic floor.

5. Yong-quan 涌泉

Meaning: yong- gushing, quan – spring water. Gushing spring or bubbling spring. Assists with the kidney meridian and the connection of qi with the earth.

Where: Arch of the foot, behind the ball of the foot.

How:

- Dan-tian and Ming-men align
- Bai-hui and Hui-yin align
- Yong-quan and Earth align/connected: Slightly lift the bubbling spring points that are connected with the energy of the earth and remain stabilized