

Tàijí Warm-up

Below is a basic outline of the warm-up we go through in Tàijí class. Please note, it will vary week-to-week. You may use the below to take notes to help you remember how to do these exercises at home. You may also use this list as a basis for keeping a daily journal, tracking sensations and experiences in each area. Remember, as a warm-up, these are to be done as gentle, attentive exploration.

1) Wrists: _____

2) Elbows: _____

3) Shoulders: _____

4) Spine, cat/cow: _____

5) Hips: _____

6) Knees: _____

7) Ankles: _____

8) Neck: _____

9) Spine, lateral stretches: _____

10) Spine, twists: _____

