The Office of Dr. John Aguilar, Jr.

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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:
Q١	Nack:
0)	Neck:
9)	Spine, lateral stretches:
10)	Spine, twists: