

# Practice Tai Chi for . . .

## Relaxed Flow in Action

*How can I relax when I'm moving around?*

*Answer: Feel your chi ball while moving physically (energy flow between palms).*

*Why: The chi ball helps you monitor deep relaxation while moving.*

*How do I feel the chi ball while moving?*

*Answer: Feel your radiant palms while moving your arms and hands.*

*Test yourself: Can I feel energy ball while doing the first 4 movements of tai chi?*

*What are the first 4 movements of tai chi?*

*Answer: Open to ward off – Roll back to hip – Press with wrists –Hold palms rounded*

*How do I test myself with each movement?*

*Answer: Do 3 reps of each movement and then do them together 3 times*

- *Feel ball as palms cross to ward off*
- *Feel ball as palms pull to roll back*
- *Feel ball at heart & back during press*
- *Feel ball in palms during push*

*Further tips for achieving relaxed flow in action:*

*While driving auto, feel chi ball at stop lights*

*While driving, feel body sway as you turn corners (flow with car)*

*While taking a walk, open hands 50% to feel tingle of energy*

*Stop occasionally and listen closely to your body*

