

T'AI CHI CHIH®
Tips for a Comfortable Practice

Eating and Drinking

- An empty stomach is best
- Eat at least two hours before class, if possible
- If you must eat before class, do so lightly
- Avoid cold liquids after practice. Lukewarm water or tea are best

Clothing and Footwear

- Wear comfortable clothes – nothing that binds, especially at the waist
- Dress in layers. You may get too warm during class and do not want to get chilled after class.
- Wear flat-soled, flexible shoes. Some people prefer to practice in socks or bare feet.

Before Class or Practice

- Warm up gently if you need to
- Allow yourself to become quiet inside
- Relax and breathe
- Relax and let go of all tension and worry
- Just relax

About Practice

- Sit quietly for a few minutes after practice to ground the chi
- Practice in a place free of drafts or excessive heat. Practice outdoors when the weather permits
- Practice at least a little every day
- Increase your practice time slowly
- If a movement is difficult or uncomfortable, skip it for the time being and talk to your instructor

