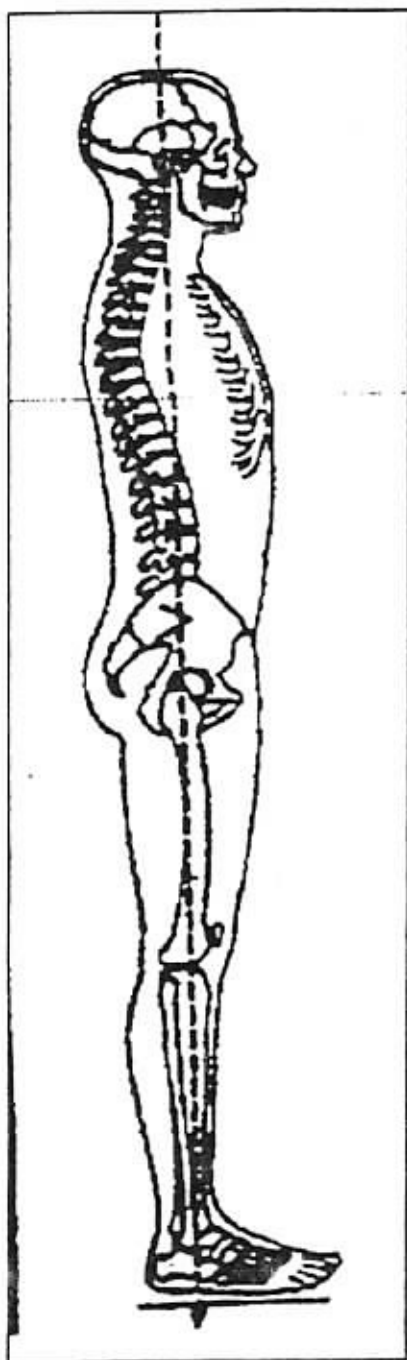


Posture and T'ai Chi Chih

When we do T'ai Chi Chih, we want to be mindful of our posture. The upper body should remain upright throughout all the movements without leaning forward or backward. Imagine a straight line running from your ear to your shoulder to your hip, then down to the middle of your foot.



Whether you are in the resting pose, or are shifting your weight forward-and-backward or side-to-side, the straight line should remain.

Here are some things to imagine:

- the crown of your head is suspended from above and you are suspended, hanging straight up and down.
- your rib cage is a bell and you want the clapper of that bell to hang straight down the middle -- don't ring the bell!
- your pelvis is a basin filled with water -- don't spill!

The more you move with T'ai Chi Chih the easier keeping straight posture will become, but it's best to start out with good habits. Be mindful, move slowly. Don't let your arms "pull" you forward or off-center, rather, imagine that the motion generated from the center of your body is allowing your arms to "float" out, around and back.

Take it easy on yourself. There's no need to rush. Be balanced, centered and calm.