

In-Person Class Guidelines

- ☯ If you are experiencing flu-like symptoms or have been exposed to anyone with a contagious illness, please refrain from attending class in-person. (contact me for online options to make up missed attendance)
- ☯ Always stay in your own personal comfort zone. Listen to your body and make modifications if any movement causes pain or is out of range. Visualization is a very effective part of practice.
- ☯ Rest any time you feel fatigued. This can include straightening your legs, moving gently, or taking a break.
- ☯ No floorwork, mats, or equipment is needed. Wear loose, breathable clothing for ease of movement and maximum health benefits. (Layers are helpful as room temperature varies). Comfortable flat-soled shoes are suggested.
- ☯ Refrain from wearing fragrances and jewelry that is noisy or overpowering. Be aware fellow students have medical conditions that create sensitivities to strong scents from laundry detergents and other common products.
- ☯ Turn cellphones off or to silent mode during class. If necessary, turn to vibrate and leave the room to respond.
- ☯ Learning begins with a question... inquiry and questions are always welcome.
- ☯ Practice daily - anything you remember for 5-15 minutes at a time. Standing wuji, dan tian breathing, and the warmups are great practice. Incorporating Tai Chi principles and movement into your daily life will significantly improve your skill, confidence, and well-being.

Schedules, reading lists, videos, and more resources are at TaiChiWellbeing.com

You may also contact me at christine@bhedesign.com or 317-601-0206

My goal is your health and well-being!

Tips For Practice:

1. Breathe!
2. Be present both mentally and physically.
3. Maintain relaxed wuji posture.
4. Expand and flow like water.
5. Focus the mind to lead your energy and body.
6. Accept yourself with patience and compassion.
7. Be open to new experiences, judgement-free.
8. Use your imagination.
9. Keep moving.
10. Have fun!

