

December 2025

Daily One Minute Pause

(Open, Practice each Posture for One Minute, Close)



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Meditation: Five 3-Count Breaths	2 Inner Rivers Flow	3 Peacock	4 Lifting Heaven	5 Water Swirls with Figure Eight	6 Meditation: Deep Breaths with each Exhale, Release Any Tension
7 Eye Exercises	8 Meditation: Take Four 4-7-8 Count Breaths	9 Separating Heaven and Earth	10 Tai Chi Walking	11 Meditation: Circulate Qi through the Arms, Legs & Up the Back	12 Tapping Arms and Chest	13 Gather from Heaven and Earth
14 Dragon Twists - Slowly	15 Flowing Motion	16 Meditation: Deep Breaths while Focusing on Something for Which You Are Grateful	17 Looking Back at the Moon (Any Version)	18 Hand Massage (Any Version)	19 Draw Qi into the Middle Dan Tien	20 Knocking at the Door of Life
21 Water Waves	22 Cloud Hands	23 Crane (Any Version)	24 Heart Meditation: Deep Breaths with Hands on the Heart while Focusing on the Heart	25 Wings of the Heart (Either or Both Directions)	26 Meditation: Deep Breaths With Each Inhale, Draw in Joy	27 Push Palms (Any Version)
28 Meditation: Deep Breaths while Counting from 1-10	29 Rooster (Any Version)	30 Tracing the Meridians	31 Centering			