

VANDERBILT OSHER LIFE LONG LEARNING

SUMMER 2019

CLASS: The Principles of Tai Chi and Daily Activities
INSTRUCTOR: Cindy Hui-Lio, Ed.D.
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CLASS DATES/TIME: Mondays, 6/17, 6/24, 7/1, & 7/8 — 10:30am -11:45am
LOCATION: Vanderbilt Recreation & Wellness Center

Course Contents:

1. Introduce Tai Chi chuan (Taiji) - self-defense, gentle, & calming aspects
2. Demonstration - 22-movement Yang style Essential form
3. Tai Chi principles helpful to daily activities - explanations & experiential
 - ✓ Relaxed state
 - ✓ Breathing - smooth, rich, and comfortably paced (low belly)
 - ✓ Head position - upward reach or being suspended sensation
 - ✓ Trunk - natural alignment from crown of the head to tail bone
 - ✓ Shoulders & elbows - Concept of “Drop” & “Sink”
 - ✓ Upper chest and back - relaxed chest with gently pulled upper back
 - ✓ Movement - lead by the hips & waist (kua)
 - ✓ Light & effortless movements - concept of “Full & Empty”
 - ✓ Feet - even weight distribution with attention to the “Bubbling Well”
4. Identify concerns or challenges in daily activities
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5. Expand daily movement repertoire with Tai Chi principles:
 - ✓ Standing
 - ✓ Walking/stepping
 - ✓ Hip/waist directed movements
 - ✓ Dynamic movements (looking & walking, etc)
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