

Week 1

New Fall Session

October 29th, 2024

Introduction (Seated)

1. What is Qi? What is Qi Gong? (Energy Cultivation)
2. Reflections of Life (Previously Named Green Renaissance)
3. Enthusiasm is an Important Part of Life
4. “Nothing Ventured, Nothing Gained”
5. Live Life to the Best of Your Ability

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
 - i. Review – Breathing Space
 - ii. Review – Rolling the Ball
 - iii. Review – Rhino Looks to the Moon
 - iv. Review – Raise Arms to Pluck Fruit
 - v. Review – Lotus Sways in the Wind
 - vi. Review – Pushing the Stone Tablet
 - vii. Review – Waving the Hands like Clouds
 - viii. Review – Embrace the Moon
 - ix. Review – Parting the Wild Horse’s Mane
 - x. **Dangling Tree**
 - xi. **Taking a Step**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Enthusiasm in Life
- <https://youtu.be/Sg43tSTb7Wk>

Meditation

- Guided deep relaxation
- Awake

Week 2

New Fall Session

November 5th, 2024

NO CLASS

Basics

1. Life and Nature Have Light and Beauty
2. Avoid Relying on Material Things
3. You Never Own Things, Things Own You

Home Training

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
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 - ix. Review – Parting the Wild Horse's Mane
 - x. Review – Dangling Tree
 - xi. Review – Taking a Step

Reflection

Reflections of Life (<https://reflectionsof.life>)

- What is Freedom?
- <https://youtu.be/NZE1MmG9x6o>

Meditation

- Guided deep relaxation
- Awake

Week 3

New Fall Session

November 12th, 2024

Basics

1. Having your Hands in the Soil can Be Meditative
2. Tending to Plants is Like Therapy
3. Community Gardens Create Great Connections

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
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 - vii. Review – Waving the Hands like Clouds
 - viii. Review – Embrace the Moon
 - ix. Review – Parting the Wild Horse's Mane
 - x. Review – Dangling Tree
 - xi. Review – Taking a Step
 - xii. Drawing the Bow**
 - xiii. King Lifts the Tripod**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Dirt Makes You Happy
- <https://youtu.be/xr8yxo4WtYE>

Meditation

- Guided deep relaxation
- Awake

Week 4

New Fall Session

November 19th, 2024

Basics

1. “You are Living as Long as You are Learning”
2. By Taking Responsibility, you can Change Your Life
3. United We are Stronger

QiGong Exercises

1. Energizer Warm-Ups
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3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
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 - iii. Review – Rhino Looks to the Moon
 - iv. Review – Raise Arms to Pluck Fruit
 - v. Review – Lotus Sways in the Wind
 - vi. Review – Pushing the Stone Tablet
 - vii. Review – Waving the Hands like Clouds
 - viii. Review – Embrace the Moon
 - ix. Review – Parting the Wild Horse’s Mane
 - x. Review – Dangling Tree
 - xi. Review – Taking a Step
 - xii. Review – Drawing the Bow
 - xiii. Review – King Lifts the Tripod
 - xiv. Inserting the Palm into the Hua Shan**
 - xv. Ankle Rotations**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- A Lucky Man
- <https://youtu.be/wuMstz-M5yY>

Meditation

- Guided deep relaxation
- Awake

Week 5

New Fall Session

November 26th, 2024

Basics

1. You are Good Enough, You Matter
2. Connecting with Nature Improves Your Life
3. Be Yourself, You Value

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
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 - iii. Review – Rhino Looks to the Moon
 - iv. Review – Raise Arms to Pluck Fruit
 - v. Review – Lotus Sways in the Wind
 - vi. Review – Pushing the Stone Tablet
 - vii. Review – Waving the Hands like Clouds
 - viii. Review – Embrace the Moon
 - ix. Review – Parting the Wild Horse's Mane
 - x. Review – Dangling Tree
 - xi. Review – Taking a Step
 - xii. Review – Drawing the Bow
 - xiii. Review – King Lifts the Tripod
 - xiv. Review – Inserting the Palm into the Hua Shan
 - xv. Review – Ankle Rotations
 - xvi. **Nestlings Receive Food**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- You are Perfect as You Are
- <https://youtu.be/2t2bJA4JMO8>

Meditation

- Guided deep relaxation
- Awake

Week 6

New Fall Session

December 3rd, 2024

Basics

1. You Have a Choice to be Joyful and Happy
2. Tai Chi is Based in Nature, Similar to Moving Like Water
3. Celebrate Every Stage of your Life

QiGong Exercises

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2. Neck Exercises
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 - vi. Review – Pushing the Stone Tablet
 - vii. Review – Waving the Hands like Clouds
 - viii. Review – Embrace the Moon
 - ix. Review – Parting the Wild Horse's Mane
 - x. Review – Dangling Tree
 - xi. Review – Taking a Step
 - xii. Review – Drawing the Bow
 - xiii. Review – King Lifts the Tripod
 - xiv. Review – Inserting the Palm into the Hua Shan
 - xv. Review – Ankle Rotations
 - xvi. Review – Nestlings Receive Food
 - xvii. Friar Squats on his Haunches**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- You Must Explore
- <https://youtu.be/c35nPNLHPFc>

Meditation

- Guided deep relaxation
- Awake

Week 7

New Fall Session

December 10th, 2024

Basics

1. It's Hard to Explain the Meaning of Love
2. Our Pets Show Us What Love Truly Is
3. Animal Companions Become your Family

QiGong Exercises

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 - vi. Review – Pushing the Stone Tablet
 - vii. Review – Waving the Hands like Clouds
 - viii. Review – Embrace the Moon
 - ix. Review – Parting the Wild Horse's Mane
 - x. Review – Dangling Tree
 - xi. Review – Taking a Step
 - xii. Review – Drawing the Bow
 - xiii. Review – King Lifts the Tripod
 - xiv. Review – Inserting the Palm into the Hua Shan
 - xv. Review – Ankle Rotations
 - xvi. Review – Nestlings Receive Food
 - xvii. Review – Friar Squats on his Haunches
 - xviii. Our Hat Subdues the Tiger**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Love is Beautiful
- <https://youtu.be/2igkBR5mNsY>

Meditation

- Guided deep relaxation
- Awake