

Week 1

Winter Session

January 6th, 2026

Basics (Seated Introduction)

1. Tai Chi for Health Institute
2. Dr. Paul Lam and TCAFP
3. Sun Style

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Winter Session

January 13th, 2026

Basics

1. Tai Chi Principles
 - a. Mindfulness
 - b. Continuous
 - c. Gentle Resistance

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Winter Session

January 20th, 2026

Basics

1. Tai Chi Principles
 - a. Postural Alignment
 - b. Shifting Weight
 - c. Balance

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Winter Session

January 27th, 2026

Basics

1. Tai Chi Principles
 - a. Loose Joints
 - b. Relaxation
 - c. Centered

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Winter Session

February 3rd, 2026

Basics

1. Tai Chi Principles
 - a. Breath Awareness
 - b. Abdominal Breathing
 - c. Cultivating Energy

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. **Block and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Winter Session

February 10th, 2026

Basics

1. Tai Chi Principles
 - a. Dynamic Movement
 - b. Weight Transference
 - c. Transition from Static Posture

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. **Push the Mountain**
 - vi. **Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

Winter Session

February 17th, 2026

NO CLASS

Basics

1. Tai Chi Principles
 - a. Mindful Transfer
 - b. Upright and Relaxed
 - c. Focused Movements

Home Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. Review – The Core 6 Movements
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

Winter Session

February 24th, 2026

Basics

1. Tai Chi Principles
 - a. Mental Alertness
 - b. Body Awareness
 - c. Slow and Smooth Movements

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. Review – The Core 6 Movements
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Brush Knee (right)**
 - viii. Play the Lute**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 9

Winter Session

March 3rd, 2026

Basics

1. Tai Chi Principles
 - a. Meditation in Motion
 - b. Relaxed Body and Mind
 - c. Energy Flow

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. Review – The Core 6 Movements
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Review – Brush Knee (right)
 - viii. Review – Play the Lute
 - ix. **Parry and Punch**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 10

Winter Session

March 10th, 2026

Basics

1. Tai Chi Principles
 - a. Internal Arts
 - b. Expression
 - c. Awake

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. Review – The Core 6 Movements
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Review – Brush Knee (right)
 - viii. Review – Play the Lute
 - ix. Review – Parry and Punch
 - x. **Block and Close**
 - xi. **Push the Mountain**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 11

Winter Session

March 17th, 2026

Basics

1. Tai Chi Principles
 - a. Integration of Body, Mind, and Spirit
 - b. Adaptable and Clear-Minded
 - c. Flexible and Strong

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. Review – The Core 6 Movements
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Review – Brush Knee (right)
 - viii. Review – Play the Lute
 - ix. Review – Parry and Punch
 - x. Review – Block and Close
 - xi. Review – Push the Mountain
 - xii. Open and Close**
 - xiii. Closing**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi