

Week 1

Summer Session

May 30th, 2026

Introduction (Seated)

1. Mindfulness and Relaxation
2. What is Reflections of Life?
3. Appreciating the Little Things in Life
4. Have Patience
5. Good Things are Worth Waiting For

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
 - *Ready Position
 - i. **Strengthening Neck Muscles**
 - ii. **Draw a Bow on Both the Left and Right Sides**

Reflections of Life (<https://reflectionsolife.com>)

- The Power of Presence: Happy to Just Be
- <https://youtu.be/M9bWC8APgel>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 2

Summer Session

June 6th, 2026

Reflections

1. Happiness is Carefree
2. The Less You Own, the Less you Worry About
3. Find Positivity in Your Circumstance

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Strengthening Neck Muscles
 - ii. Review – Draw a Bow on Both the Left and Right Sides
 - iii. **Stretch Arms**
 - iv. **Expand Chest**

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

- Minimalist Living: A Day in the Life of a Free Man
- <https://youtu.be/kDv8GSHcFX>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 3

Summer Session

June 9th, 2026

NO CLASS

Reflections

1. Finding Time to Reflect
2. Be in Nature, Stay in Nature
3. Experience the Different Stages of Life

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Strengthening Neck Muscles
 - ii. Review – Draw a Bow on Both the Left and Right Sides
 - iii. Review – Stretch Arms
 - iv. Review – Expand Chest
 - v. **Spread Wings for Flight**
 - vi. **Raise Single Iron Arm**

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

- The Guardian - Green Renaissance
- <https://youtu.be/CroLr2kZPYM>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 4

Summer Session

June 20th, 2026

Reflections

1. The World Needs Music
2. Finding Nature's Melody
3. Live a Creative Interesting Life

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Strengthening Neck Muscles
 - ii. Review – Draw a Bow on Both the Left and Right Sides
 - iii. Review – Stretch Arms
 - iv. Review – Expand Chest
 - v. Review – Spread Wings for Flight
 - vi. Review – Raise Single Iron Arm
 - vii. Support the Sky with Both Hands**
 - viii. Turn Trunk and Push Palm**

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

- The Composer Who Proves: We're All Connected
- <https://youtu.be/Qhm3ecPlvNo>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 5

Summer Session

June 27th, 2026

Reflections

1. You Are Good Enough
2. Be True to Yourself
3. Don't Worry About What Others Think of You

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Strengthening Neck Muscles
 - ii. Review – Draw a Bow on Both the Left and Right Sides
 - iii. Review – Stretch Arms
 - iv. Review – Expand Chest
 - v. Review – Spread Wings for Flight
 - vi. Review – Raise Single Iron Arm
 - vii. Review – Support the Sky with Both Hands
 - viii. Review – Turn Trunk and Push Palm
 - ix. **Waist Rotation with the Hands on the Hips**

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

- What is a Real Man? True Confidence & Purpose
- <https://youtu.be/tf0Pz0YiYiE>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle