

Week 1

Winter Session

January 4th, 2025

Introduction (Seated)

1. How to Cultivate Energy? (Qi Gong)
2. Founders of Reflections of Life
3. Honesty is Important in all Relationships
4. Don't Hold Grudges, Talk it over.
5. Fun and Laughter Make Things Better

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. **Hold up Heaven to Regulate the Triple Warmers**
 - ii. **Draw the Bow to Shoot the Eagle**
 - iii. **Separate Heaven and Earth to Harmonize the Spleen and Stomach**

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

- Secret To a Happy Marriage
- <https://youtu.be/lfgiiEmyYt0>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 2

Winter Session

January 11th, 2025

NO CLASS

Reflections

1. Life is What you Make of It
2. Appreciate Yourself
3. Live a Simple Life
4. Keep Active and Creative
5. The Meaning of Life is to Live Fully

Gentle Exercises – Home Training

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach

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

- A Simple Life is Beautiful
- <https://youtu.be/3jA4FJtrLNE>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 3

Winter Session

January 18st, 2025

NO CLASS

Reflections

1. Live in the Now
2. Go with the Flow
3. Animals can Enrich your Life
4. It's Important to Listen
5. Think with your Heart

Gentle Exercises – Home Training

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach

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

- Communicate with Animals
- <https://youtu.be/u4buDMD3wzU>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 4

Winter Session

January 25th, 2025

Reflections

1. Respect Nature
2. Do what you Love
3. Think for Yourself
4. Keeping Active after Retirement
5. Cultivate your Own Garden

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. **Wise Owl Gazes Backwards to Heal Diseases and Injuries**

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

- Rarest Coffee in the World
- <https://youtu.be/aZB2Rr3IUzc>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 5

Winter Session

February 1st, 2025

Reflections

1. Solitude Helps Clarify Thoughts and Emotions.
2. Silence Can Be Deafening
3. Nature Offers You a Different Perspective on Life
4. Appreciate the Environment
5. We are Part of Nature

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. **Rotate the Head and Sway the Rear to Expel the Heart Fire**

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

- Wilderness Healing
- <https://youtu.be/wfGCy3PJ2SA>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 6

Winter Session

February 8th, 2025

Reflections

1. Make the Most of Your Talents
2. Do What Makes You Happy
3. Keep your Sense of Curiosity
4. Understanding Science
5. Find Guidance in Nature

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. **Hands Hold the Feet to Strengthen the Kidneys and the Back**

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

- Re-Purposed Magical Moving Artworks
- <https://youtu.be/8NA6IX6OglY>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 7

Winter Session

February 15th, 2025

Reflections

1. Study How Things are Made
2. Embrace your Uniqueness
3. Learn from the Past
4. Live a Life that Has Meaning
5. Appreciate Things Made from Scratch

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. Review – Hands Hold the Feet to Strengthen the Kidneys and the Back

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

- The Trad - This Man Lives the Old Victorian Ways
- <https://youtu.be/8NA6IX6OgIY>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 8

Winter Session

February 22nd, 2025

Reflections

1. The Wisdom of Nature
2. The World Needs More Natural Habitats for Bees
3. Bees are Extremely Important to the Environment

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. Review – Hands Hold the Feet to Strengthen the Kidneys and the Back
 - vii. **Glare and Punch to Help the Liver Qi Flow Smoothly**

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

- Message from Bees
- <https://youtu.be/MTAxJ0aKpU4>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 9

Winter Session

March 1st, 2025

Reflections

1. We All Need Each Other, Regardless of our Status
2. Community is very Important in our Lives
3. Find Your Purpose in Life

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. Review – Hands Hold the Feet to Strengthen the Kidneys and the Back
 - vii. Review – Glare and Punch to Help the Liver Qi Flow Smoothly

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

- Wealth Has Nothing to Do with Materialism or Our Social Standing
- <https://youtu.be/SWQ2QjFAZos>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 10

Winter Session

March 8th, 2025

Reflections

1. Cease the Day
2. Life is the Meaning of Life
3. Appreciate Nature and Don't Take It for Granted

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. Review – Hands Hold the Feet to Strengthen the Kidneys and the Back
 - vii. Review – Glare and Punch to Help the Liver Qi Flow Smoothly
 - viii. **Bouncing on the Toes to Smooth the Qi Flow**

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

- Life Is Absolutely Miraculous
- <https://youtu.be/scDF8elfoNs>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 11

Winter Session

March 15th, 2025

Reflections

1. Treat Everyone as Equal
2. Finding Joy in Embracing a Simple Life
3. Healthy Soil is the Greatest Wealth, More Valuable than Gold

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. Review – Hands Hold the Feet to Strengthen the Kidneys and the Back
 - vii. Review – Glare and Punch to Help the Liver Qi Flow Smoothly
 - viii. Review – Bouncing on the Toes to Smooth the Qi Flow
 - *Closing

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

- This Place is Heaven
- <https://youtu.be/DDnelwsQjxl>
- Mpondo – Pondo (Eastern Africa)
- "Umntu ngumntu ngabantu nagemvelo."
- "A person is a person because of other people and nature."

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle

Week 12

Winter Session

March 22nd, 2025

Reflections

1. Collaborating with Others Makes Life More Enjoyable
2. Laughter is the Best Medicine
3. Embracing the Power of Creativity within our Communities is Essential

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Ba Duan Jin Qi Gong (Eight Section Brocade) (By [Peter Chen](#))
 - *Ready Position
 - i. Review – Hold up Heaven to Regulate the Triple Warmers
 - ii. Review – Draw the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth to Harmonize the Spleen and Stomach
 - iv. Review – Wise Owl Gazes Backwards to Heal Diseases and Injuries
 - v. Review – Rotate the Head and Sway the Rear to Expel the Heart Fire
 - vi. Review – Hands Hold the Feet to Strengthen the Kidneys and the Back
 - vii. Review – Glare and Punch to Help the Liver Qi Flow Smoothly
 - viii. Review – Bouncing on the Toes to Smooth the Qi Flow
 - *Closing

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

- Ladies on Remote Island Cover A Large Rock in Huge Knitted Blanket
- <https://youtu.be/3IDVauZVwvY>

Meditation

- Guided deep relaxation
- Awake
- Gentle Exercises
- Group Conversation
- Sensing Qi
- Closing Circle