

# Week 1

## New Fall Session

### October 31<sup>st</sup>, 2026

#### Introduction (Seated)

1. Natural Breathing
2. Body Awareness
3. Think for Yourself
4. Free to Do What You Want
5. Young at Heart

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Part 1 (By [Efrain Brady](#))
  - i. Review – Breathe Naturally (Triple Burner – San Jiao)
  - ii. Review – Breathe and Exercise the Qi
  - iii. Review – Rotate and Spread the Wings
  - iv. Review – Squat and Exhale
  - v. Review – Massage and Manage the Qi
  - vi. Review – Massage the Face, Warm the Qi
  - vii. Review – Massage the Neck, Clear Breath and Qi
  - viii. Review – Massage the Back of the Neck, Circulate the Qi
  - ix. Review – Pat the Chest, Relax the Qi
4. Lian Gong 3 – Part 2 (By [Efrain Brady](#))
  - x. Raise Arms, Expand the Qi
  - xi. Open the Chest, Breathe Easy

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

- The Grandfather's Secret: Rarest Coffee in the World  
<https://youtu.be/aZB2Rr3IUzc>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 2

## New Fall Session

### November 7<sup>th</sup>, 2026

#### Reflections

1. Solitude Can Pave the Way to Healing
2. Nature Has the Power to Guide Us from Darkness into Light
3. Wilderness Offers a Sanctuary for Inner Peace

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Part 1 (By [Efrain Brady](#))
  - i. Review – Breathe Naturally (Triple Burner – San Jiao)
  - ii. Review – Breathe and Exercise the Qi
  - iii. Review – Rotate and Spread the Wings
  - iv. Review – Squat and Exhale
  - v. Review – Massage and Manage the Qi
  - vi. Review – Massage the Face, Warm the Qi
  - vii. Review – Massage the Neck, Clear Breath and Qi
  - viii. Review – Massage the Back of the Neck, Circulate the Qi
  - ix. Review – Pat the Chest, Relax the Qi
4. Lian Gong 3 – Part 2 (By [Efrain Brady](#))
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. **Look at Palm Preparation Breath**

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

- Wilderness Healing: Nature That Fixed My Soul
- <https://youtu.be/wfGCy3PJ2SA>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 3

## New Fall Session

### November 14<sup>th</sup>, 2026

#### Reflections

1. Make the Most of Your Talents
2. Do Whatever Makes You Happy
3. Keep Your Sense of Curiosity About Life

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Review Part 1 (By [Efrain Brady](#) )
4. Lian Gong 3 – Part 2
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. Review – Look at Palm Preparation Breath
  - xiii. **Flow the Qi Thoroughly**

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

- The Genius Artist Turning TRASH Into MAGICAL Moving Art
- <https://youtu.be/8NA6IX6OglY>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 4

## New Fall Session

### November 21<sup>st</sup>, 2026

#### Reflections

1. Embrace Your Uniqueness
2. Honoring Traditions That Give Life Meaning
3. Appreciate the Beauty of Handmade Creations

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Review Part 1 (By [Efrain Brady](#) )
4. Lian Gong 3 – Part 2
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. Review – Look at Palm Preparation Breath
  - xiii. Review – Flow the Qi Thoroughly
  - xiv. Turn the Waist, Relax Qi**

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

- He Lives in 1880: My Day with a Victorian Man
- <https://youtu.be/MPWta7ZNFpc>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 5

## New Fall Session

### November 28<sup>th</sup>, 2026

#### Reflections

1. Spending Time Appreciating and Respecting Nature
2. Help Protect the Environment
3. The World Needs More Nature-Friendly Habitats for Bees

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Review Part 1 (By [Efrain Brady](#) )
4. Lian Gong 3 – Part 2
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. Review – Look at Palm Preparation Breath
  - xiii. Review – Flow the Qi Thoroughly
  - xiv. Review – Turn the Waist, Relax Qi
  - xv. **Bend Body Backwards and Forwards, Nourish the Qi**

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

- The Bees' UNBELIEVABLE Secret to a Better Life (You Need to Know This!)
- <https://youtu.be/MTAxJ0aKpU4>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 6

## New Fall Session

### December 5<sup>th</sup>, 2026

#### Reflections

1. Whether you're Rich or Poor, We all Need Community
2. We All Have a Purpose in Life
3. Using Your Talents to Give People Hope

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Review Part 1 (By [Efrain Brady](#) )
4. Lian Gong 3 – Part 2
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. Review – Look at Palm Preparation Breath
  - xiii. Review – Flow the Qi Thoroughly
  - xiv. Review – Turn the Waist, Relax Qi
  - xv. Review – Bend Body Backwards and Forwards, Nourish the Qi
  - xvi. **Reverse Bow Stance, Strengthen the Qi**

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

- Beyond Money: This Is What Truly Makes You Wealthy
- <https://youtu.be/SWQ2QjFAZos>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 7

## New Fall Session

### December 12<sup>th</sup>, 2026

#### Reflections

1. Seize the Day
2. Fall in Love with Living
3. Expressing the Beauty of Life Through Art

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Review Part 1 (By [Efrain Brady](#) )
4. Lian Gong 3 – Part 2
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. Review – Look at Palm Preparation Breath
  - xiii. Review – Flow the Qi Thoroughly
  - xiv. Review – Turn the Waist, Relax Qi
  - xv. Review – Bend Body Backwards and Forwards, Nourish the Qi
  - xvi. Review – Reverse Bow Stance, Strengthen the Qi
  - xvii. Exercise, Enhance the Qi**

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

- What If Reality IS a Miracle? (An Artist's Journey to Awe)
- <https://youtu.be/scDF8elfoNs>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 8

## New Fall Session

### December 19<sup>th</sup>, 2026

#### Reflections

1. Honoring Culture and Tradition
2. Connect to Your Roots and Ancestors
3. True Wealth Is Found in What Nature Provides

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Review Part 1 (By [Efrain Brady](#) )
4. Lian Gong 3 – Part 2
  - x. Review – Raise Arms, Expand the Qi
  - xi. Review – Open the Chest, Breathe Easy
  - xii. Review – Look at Palm Preparation Breath
  - xiii. Review – Flow the Qi Thoroughly
  - xiv. Review – Turn the Waist, Relax Qi
  - xv. Review – Bend Body Backwards and Forwards, Nourish the Qi
  - xvi. Review – Reverse Bow Stance, Strengthen the Qi
  - xvii. Review – Exercise, Enhance the Qi
  - xviii. Step and Balance the Qi**

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

- Paradise Found: The Most Beautiful Place On Earth?
- <https://youtu.be/DDnelwsQjxl>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle