

# Week 1

## New Summer Session

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

#### Introduction (Seated)

1. Achieving a Relaxed State of Mind
2. Reflections of Life
3. There's Beauty in Imperfection
4. A Piece of Life of Good Enough
5. Embrace and Appreciate the Struggles

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
  - x. **Stretch Arms and Bend Trunk**

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

- Embrace Your Imperfections: How to Find Beauty in the Broken  
[https://youtu.be/FV4hq\\_gdNhQ](https://youtu.be/FV4hq_gdNhQ)

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 2

## New Summer Session

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

#### Reflections

1. Overcoming Adversity
2. Recognize the Miracles in Your Life
3. Adopt, don't Shop

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. **Thrust Palm**

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

- This 3-Legged Dog Saved My Life (Unconditional Love)
- [https://youtu.be/t\\_9aBhWXRIY](https://youtu.be/t_9aBhWXRIY)

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 3

## New Summer Session

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

#### Reflections

1. Different Perspectives of Life
2. It's Okay to Start Over
3. Never Give Up – Embrace Change

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. Review – Thrust Palm
    - xii. **Press Palms on Feet**

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

- Unlock Your Power to Do Good (Even When Life's Hard)
- <https://youtu.be/AWJpNw4gBOk>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 4

## New Summer Session

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

#### Reflections

1. Exploring the World
2. Discover New Cultures and Traditions
3. Open your Horizon

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. Review – Thrust Palm
    - xii. Review – Press Palms on Feet
    - xiii. Circle Knees**

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

- Your Adventure: How to Find What Lights You Up
- <https://youtu.be/NpmZuMwPicw>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 5

## New Summer Session

### August 4<sup>th</sup>, 2026

#### Reflections

1. Grow From Hard Lessons
2. Focus on What you Have, Not What you Have Lost
3. Home is Where Your Heart Is

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. Review – Thrust Palm
    - xii. Review – Press Palms on Feet
    - xiii. Review – Circle Knees
    - xiv. Make Reverse Bow Step and Turn Body**

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

- Van Life on a Remote Island: My Escape to Paradise
- [https://youtu.be/k33r9\\_MSE5c](https://youtu.be/k33r9_MSE5c)

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 6

## New Summer Session

### August 11<sup>th</sup>, 2026

#### Reflections

1. Enthusiasm is An Important Part of Life
2. Nothing Ventured, Nothing Gained
3. Enjoy Every Day

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. Review – Thrust Palm
    - xii. Review – Press Palms on Feet
    - xiii. Review – Circle Knees
    - xiv. Review – Make Reverse Bow Step and Turn Body
    - xv. **Bow, Squat, and Stretch Legs**

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

- The 'Eccentric' Grandma's SECRET to Unstoppable Enthusiasm
- <https://youtu.be/Sg43tStb7Wk>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 7

## New Summer Session

### August 18<sup>th</sup>, 2026

#### Reflections

1. Understanding Love
2. Life Isn't Easy
3. Treasure The Good Moments

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. Review – Thrust Palm
    - xii. Review – Press Palms on Feet
    - xiii. Review – Circle Knees
    - xiv. Review – Make Reverse Bow Step and Turn Body
    - xv. Review – Bow, Squat, and Stretch Legs
    - xvi. Keep One Palm on the Knee and Hold Up the Other**

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

- Live Your Own Freedom: The Ultimate Path to Authenticity
- <https://youtu.be/NZE1MmG9x6o>

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

# Week 8

## New Summer Session

### August 25<sup>th</sup>, 2026

#### Reflections

1. Gardening Can Be a Spiritual Experience
2. Doing Something Productive Every Day
3. Consuming What You Grow

#### Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 1 – Part 1 (By [Efrain Brady](#))
  - \*Review First Half (1 – 9)
    - x. Review – Stretch Arms and Bend Trunk
    - xi. Review – Thrust Palm
    - xii. Review – Press Palms on Feet
    - xiii. Review – Circle Knees
    - xiv. Review – Make Reverse Bow Step and Turn Body
    - xv. Review – Bow, Squat, and Stretch Legs
    - xvi. Review – Keep One Palm on the Knee and Hold Up the Other
    - xvii. Hold Knee in Front of Chest**
    - xviii. Stroll Through the Impregnable Pass with Firm Strides**

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

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

#### Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle