Week 1
New Fall Session
October 27th, 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

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https://youtu.be/aLsZxcZ4enk

Week 2
New Fall Session
November 3rd, 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

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https://youtu.be/aLsZxcZ4enk

Week 3
New Fall Session
November 10th, 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/8NA6lX6OglY

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

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Week 4
New Fall Session
November 17th, 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

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Week 5
New Fall Session
November 24th, 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

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Week 6
New Fall Session
December 1st, 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

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https://youtu.be/aLsZxcZ4enk

Week 7
New Fall Session
December 8th, 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/scDF8eIfoNs

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

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https://youtu.be/aLsZxcZ4enk

Week 8
New Fall Session
December 15th, 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/DDneIwsQjxI

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

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