

Week 1

New Fall Session

October 28th, 2025

Introduction (Seated)

1. Breath Awareness
2. Reflections of Life
3. Life is Meant to Be Life
4. Meeting New People
5. Explore Different Cultures

Gentle Exercises

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

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

- Why Real Connection Matters
- https://youtu.be/PaGOk3qLO_k

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 2

New Fall Session

November 4th, 2025

Reflections

1. You Can Find Rhythm Anywhere
2. Music in Nature
3. Finding Balance

Gentle Exercises

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

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

- Rhythms of Nature: Find Your Flow in Life's Cycles
- https://youtu.be/e_Zr4ccr6Y0

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 3

New Fall Session

November 11th, 2025

Reflections

1. It Takes Time to Achieve Your Goals
2. Conquer your Mountains
3. Make a List of Your Best Qualities

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong (By [Efrain Brady](#))
 - *Review – First Section
 - *Review – Second Section
 - Third Section
 - xiii. Review – Flow the Chi Thoroughly
 - xiv. **Turn the Waist, Relax Chi**

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

- Unlock Your Inner Power: Everything Starts From Within
- https://youtu.be/RtaDd_89WwM

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 4

New Fall Session

November 18th, 2025

Reflections

1. Connecting with Nature
2. Money is not Everything
3. Enjoy Life

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong (By [Efrain Brady](#))
 - *Review – First Section
 - *Review – Second Section
 - Third Section
 - xiii. Review – Flow the Chi Thoroughly
 - xiv. Review – Turn the Waist, Relax Chi
 - xv. **Bend Body Backwards and Forwards, Nourish the Chi**

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

- The Bonsai Whisperer: Nurturing Magical Trees to Life
- <https://youtu.be/BxemSVx1Y4w>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 5

New Fall Session

November 25th, 2025

Reflections

1. You Don't Have to Travel Far to Find Happiness
2. Be Present and Be Grateful
3. Live a Simple Life

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong (By [Efrain Brady](#))
 - *Review – First Section
 - *Review – Second Section
 - Third Section
 - xiii. Review – Flow the Chi Thoroughly
 - xiv. Review – Turn the Waist, Relax Chi
 - xv. Review – Bend Body Backwards and Forwards, Nourish the Chi
 - xvi. **Reverse Bow Stance, Strengthen the Chi**

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

- The Simple Secret to Joy: Living Fully In The Moment
- <https://youtu.be/g3pVceH9af0>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 6

New Fall Session

December 2nd, 2025

Reflections

1. Explore the World
2. There's So Much to Discover
3. Keep an Inquisitive Mind

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong (By [Efrain Brady](#))
 - *Review – First Section
 - *Review – Second Section
 - Third Section
 - xiii. Review – Flow the Chi Thoroughly
 - xiv. Review – Turn the Waist, Relax Chi
 - xv. Review – Bend Body Backwards and Forwards, Nourish the Chi
 - xvi. Review – Reverse Bow Stance, Strengthen the Chi
 - xvii. Exercise, Enhance the Chi

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

- Meet Charles: The Man Who Discovered NEW Species
- <https://youtu.be/rM5J1iTPtSA>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 7

New Fall Session

December 9th, 2025

Reflections

1. Pursue Your Passions
2. Engage with Nature
3. Protect the Environment

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong (By [Efrain Brady](#))
 - *Review – First Section
 - *Review – Second Section
 - Third Section
 - xiii. Review – Flow the Chi Thoroughly
 - xiv. Review – Turn the Waist, Relax Chi
 - xv. Review – Bend Body Backwards and Forwards, Nourish the Chi
 - xvi. Review – Reverse Bow Stance, Strengthen the Chi
 - xvii. Review – Exercise, Enhance the Chi
 - xviii. Step and Balance the Chi**

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

- Rescue & Release: Her Lifelong Mission to Heal Wild Turtles
- <https://youtu.be/oiGftISxvDI>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle