

Week 1

Spring Session

March 24th, 2026

Introduction (Seated)

1. Difference Between Qi Gong and Tai Chi
2. Creators of Reflections of Life
3. Living a Quiet Life
4. Connecting with What's Real
5. Life is a Miracle

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. **Holding the Sky with Two Hands**
 - ii. **Drawing the Bow to Shoot the Eagle**

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

- Single Mom, Country Life: Finding Joy in the Wild Unknown
- <https://youtu.be/M9bWC8APgel>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 2

Spring Session

March 31st, 2026

NO CLASS

Reflections

1. The Art of Cooking
2. The Plate is Your Canvas
3. Bringing Back Dinner Table Conversation

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle

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

- The Dinner Table Disconnect: Can We Talk Again?
- https://youtu.be/NDya3HZ_2Yo

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 3

Spring Session

April 7th, 2026

NO CLASS

Reflections

1. Inspired by Nature
2. Understanding Wildlife
3. Importance of Protecting the Environment

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle

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

- Art from Destruction: Sculpting Nature's Cry
- <https://youtu.be/DeYpUDDPDVA>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 4

Spring Session

April 14th, 2026

Reflections

1. There are No Shortcuts in Life
2. Appreciate Every Single Day
3. Living is a Privilege

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle
 - iii. **Separate Heaven and Earth**
 - iv. **Wise Owl Looking Backward**

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

- Escape to Nature: One Man's Quest for a Simpler Life
- <https://youtu.be/IPCL43XNUyg>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 5

Spring Session

April 21ST, 2026

Reflections

1. Connecting with Trees
2. Understanding the History of the Forest
3. Walking in Nature

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth
 - iv. Review – Wise Owl Looking Backward
 - v. **Sway the Head and Shake the Tail**

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

- Pixie: The Woman Who Talks to Trees
- <https://youtu.be/eW1cA8QDI3U>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 6

Spring Session

April 28th, 2026

Reflections

1. Nothing Worth Doing is Easy
2. You Sell Your Soul to Achieve Wealth
3. Nature Creates Happiness

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth
 - iv. Review – Wise Owl Looking Backward
 - v. Review – Sway the Head and Shake the Tail
 - vi. **Reaching the Feet**

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

- This is Where I Belong: My Deep Connection to Nature
- <https://youtu.be/p2g8li7S-al>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 7

Spring Session

May 5th, 2026

Reflections

1. More Money Does Not Equal Better Living
2. Focus on the Needs, not the Wants
3. What is Your Legacy?

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth
 - iv. Review – Wise Owl Looking Backward
 - v. Review – Sway the Head and Shake the Tail
 - vi. Review – Reaching the Feet
 - vii. **Punching with Intention**

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

- My Self-Built Life: Finding Balance Off-Grid
- <https://youtu.be/Sb5HoQKH8ZE>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 8

Spring Session

May 12th, 2026

Reflections

1. Living a Self-Sufficient Life
2. Create Your Own World
3. Appreciate Every Single Day

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth
 - iv. Review – Wise Owl Looking Backward
 - v. Review – Sway the Head and Shake the Tail
 - vi. Review – Reaching the Feet
 - vii. Review – Punching with Intention
 - viii. **Lifting the Heel and Vibrating Vertebrae**

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

- The Art of Seeing: How This Artist Finds Beauty Everywhere
- https://youtu.be/hPGclp_9v2Q

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 9

Spring Session

May 19th, 2026

Reflections

1. Healthy Food is Your Medicine
2. Prevention is Better Than Cure
3. Satisfaction of Growing Your Own Food

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Eight Pieces of Silk Brocade (Ba Duan Jin) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Holding the Sky with Two Hands
 - ii. Review – Drawing the Bow to Shoot the Eagle
 - iii. Review – Separate Heaven and Earth
 - iv. Review – Wise Owl Looking Backward
 - v. Review – Sway the Head and Shake the Tail
 - vi. Review – Reaching the Feet
 - vii. Review – Punching with Intention
 - viii. Review – Lifting the Heel and Vibrating Vertebrae

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

- Food Is Medicine: A New Consciousness for Healing
- <https://youtu.be/l-XWyNDxBJY>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle