

# **Week 1**

## **Winter Session**

### **January 6<sup>th</sup>, 2026**

#### **Basics (Seated Introduction)**

1. Tai Chi for Health Institute
2. Dr. Paul Lam and TCAFP
3. Sun Style

#### **Training**

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements (Corrections and Adjustments)
    - i. **Commencement**
    - ii. **Open and Close**
    - iii. **Single Whip (right)**

#### **Qi Circle**

- Cool-Downs
- Closing – Sharing Qi

# Week 2

## Winter Session

### January 13<sup>th</sup>, 2026

#### Basics

1. Tai Chi Principles
  - a. Mindfulness
  - b. Continuous
  - c. Gentle Resistance

#### Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements (Corrections and Adjustments)
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. **Wave Hands (right)**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# **Week 3**

## **Winter Session**

### **January 20<sup>th</sup>, 2026**

#### **Basics**

1. Tai Chi Principles
  - a. Postural Alignment
  - b. Shifting Weight
  - c. Balance

#### **Training**

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements (Corrections and Adjustments)
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)

#### **Qi Circle**

- Cool-Downs
- Closing – Sharing Qi

# Week 4

## Winter Session

### January 27<sup>th</sup>, 2026

#### Basics

1. Tai Chi Principles
  - a. Loose Joints
  - b. Relaxation
  - c. Centered

#### Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements (Corrections and Adjustments)
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. **Open and Close**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# **Week 5**

## **Winter Session**

### **February 3<sup>rd</sup>, 2026**

#### **Basics**

1. Tai Chi Principles
  - a. Breath Awareness
  - b. Abdominal Breathing
  - c. Cultivating Energy

#### **Training**

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements (Corrections and Adjustments)
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close

#### **Qi Circle**

- Cool-Downs
- Closing – Sharing Qi

# Week 6

## Winter Session

### February 10<sup>th</sup>, 2026

#### Basics

1. Tai Chi Principles
  - a. Dynamic Movement
  - b. Weight Transference
  - c. Transition from Static Posture

#### Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close
    - vi. **Single Whip (left)**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# **Week 7**

## **Winter Session**

### **February 17<sup>th</sup>, 2026**

#### **NO CLASS**

#### **Basics**

1. Tai Chi Principles
  - a. Mindful Transfer
  - b. Upright and Relaxed
  - c. Focused Movements

#### **Home Training**

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close
    - vi. Review – Single Whip (left)

#### **Qi Circle**

- Cool-Downs
- Closing – Sharing Qi

# Week 8

## Winter Session

### February 24<sup>th</sup>, 2026

#### Basics

1. Tai Chi Principles
  - a. Mental Alertness
  - b. Body Awareness
  - c. Slow and Smooth Movements

#### Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close
    - vi. Review – Single Whip (left)
    - vii. Wave Hands (left)**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi



# Week 9

## Winter Session

### March 3<sup>rd</sup>, 2026

#### Basics

1. Tai Chi Principles
  - a. Meditation in Motion
  - b. Relaxed Body and Mind
  - c. Energy Flow

#### Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close
    - vi. Review – Single Whip (left)
    - vii. Review – Wave Hands (left)
    - viii. Open and Close**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 10

## Winter Session

### March 10<sup>th</sup>, 2026

#### Basics

1. Tai Chi Principles
  - a. Internal Arts
  - b. Expression
  - c. Awake

#### Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close
    - vi. Review – Single Whip (left)
    - vii. Review – Wave Hands (left)
    - viii. Review – Open and Close
    - ix. **Closing**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# **Week 11**

## **Winter Session**

### **March 17<sup>th</sup>, 2026**

#### **Basics**

1. Tai Chi Principles
  - a. Integration of Body, Mind, and Spirit
  - b. Adaptable and Clear-Minded
  - c. Flexible and Strong

#### **Training**

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
  - a. Walk around and smile
  - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
  - a. The Core 6 Movements
    - i. Review – Commencement
    - ii. Review – Open and Close
    - iii. Review – Single Whip (right)
    - iv. Review – Wave Hands (right)
    - v. Review – Open and Close
    - vi. Review – Single Whip (left)
    - vii. Review – Wave Hands (left)
    - viii. Review – Open and Close
    - ix. Review – Closing

#### **Qi Circle**

- Cool-Downs
- Closing – Sharing Qi