

Week 1

Fall Session

September 5th, 2026

Introduction (Seated)

1. Focusing on Your Senses
2. Mindfulness and Awareness
3. Keep an Inquisitive Mind
4. Appreciating Life as Time Slows Down
5. Connect with People That Inspired You

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. Lian Gong 3 – Part 1 (By [Efrain Brady](#))
 - i. Breathe Naturally (Triple Burner – San Jiao)
 - a. Lower Jiao
 - b. Middle Jiao
 - c. Upper Jiao
 - ii. Breathe and Exercise the Qi
 - iii. Rotate and Spread the Wings

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

- The POWER of 'WE': Find Your Tribe & DEEP Connection
<https://youtu.be/wuMstz-M5yY>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 2
Fall Session
September 12th, 2026
NO CLASS
Running For Water Event

Reflections

1. Our Uniqueness Makes Us Special
2. You Are Good Enough Just as You Are
3. Love Yourself

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

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

- The TRUTH About Self-Worth: You're Perfect As You Are
- <https://youtu.be/2t2bJA4JMO8>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 3

Fall Session

September 19th, 2026

Reflections

1. Being Happy is a Conscious Choice
2. Self-Expression – Body in Movement
3. Tai Chi is Based on Nature

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. **Squat and Exhale**

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

- Unlock Life's Treasures: The Power of Exploration
- <https://youtu.be/c35nPNLHPFc>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 4

Fall Session

September 26th, 2026

Reflections

1. Animals Understand Unconditional Love
2. Pets Become Part of Our Family
3. Share Compassion with Everyone, Including Yourself

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. **Massage and Manage the Qi**

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

- What is True Love? Beyond Conditions & Expectations
- <https://youtu.be/2igkBR5mNsY>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 5

Fall Session

October 3rd, 2026

Reflections

1. Unpredictability Can Create a Type of Order
2. You're Not Alone; Everyone Has Struggles in Life
3. Embrace The Unknown

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. **Massage the Face, Warm the Qi**

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

- Embrace the Chaos: How Disorder Leads to Beauty
- <https://youtu.be/dmqkF6wrpok>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 6

Fall Session

October 10th, 2026

Reflections

1. Enjoy Having Fun Together
2. It's Natural to Have Ups and Downs
3. Honesty is Key in All Relationships

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. **Massage the Neck, Clear Breath and Qi**

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

- 50 Years of Love: Their Secret to a Happy Marriage
- <https://youtu.be/lfgiiEmyYt0>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 7

Fall Session

October 17th, 2026

Reflections

1. Appreciate Yourself More as You Get Older
2. Loving and Accepting Your Flaws
3. Live A Simple Life

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. **Massage the Back of the Neck, Circulate the Qi**

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

- My Simple Life: Finding Joy in the Everyday
- <https://youtu.be/3jA4FJtrLNE>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 8

Fall Session

October 24th, 2026

Reflections

1. Animals are Simpler than Humans
2. Try to Live in the Now
3. Go With the Flow

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. **Pat the Chest, Relax the Qi**

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

- The Woman Who TALKS to Animals
- <https://youtu.be/u4buDMD3wzU>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle