

Week 1

Spring Session

March 30th, 2024

Introduction (Seated)

1. Cultivating Energy with Diaphragmatic Breathing
2. Reflections of Life (Previously Named Green Renaissance)
3. Sense of Humor
4. Embrace your Uniqueness
5. Be a Shining Example

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Harmonizing the Qi
 - ii. Opening the Chest

Reflection

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

- Because It Helps
- <https://youtu.be/L31eMG2ZbUQ>

Meditation

- Guided deep relaxation
- Awake

Week 2

Spring Session

April 6th, 2024

Basics

1. What do you Love?
2. Positivity
3. Enthusiasm
4. Laughter
5. Expression

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. **Separating Clouds**
 - iv. **Rainbow Dance**

Reflection

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

- Love Life
- <https://youtu.be/IQ7RUit8S3M>

Meditation

- Guided deep relaxation
- Awake

Week 3

Spring Session

April 13th, 2024

Basics

1. Inspire Young People
2. Keep your Sense of Humor
3. Explore Nature
4. Be Creative
5. Protect our Planet

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. **Rolling Ball**
 - vi. **Rowing the Boat in the Heart of the Lake**

Reflection

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

- A Sense of Humor
- <https://youtu.be/QFKp7ar0k98>

Meditation

- Guided deep relaxation
- Awake

Week 4

Spring Session

April 20th, 2024

Basics

1. Where is Saint Helena? (South Atlantic Ocean)
2. Treat others the Way you Want to be Treated
3. Friendly and Welcoming
4. Connecting with People
5. The Importance of Community

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. Review – Rolling Ball
 - vi. Review – Rowing the Boat in the Heart of the Lake
 - vii. Lifting the Ball**
 - viii. Look at the Moon**

Reflection

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

- Weatherman on World's Remote Island
- <https://youtu.be/i4kg5ue2Pw>

Meditation

- Guided deep relaxation
- Awake

Week 5

Spring Session

World Tai Chi & Qigong Day

April 27th, 2024

Basics

1. Our World is Incredible
2. Art Expression
3. Follow your Passion
4. Connection to the Earth
5. Exploration

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. Review – Rolling Ball
 - vi. Review – Rowing the Boat in the Heart of the Lake
 - vii. Review – Lifting the Ball
 - viii. Review – Look at the Moon
 - ix. **Turning Waist, Pushing Palm**
 - x. **Moving Clouds/Cloud Hands**

Reflection

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

- Fascinated by Nature
- <https://youtu.be/-f4ojcV9AUI>

Meditation

- Guided deep relaxation
- Awake

Week 6

Spring Session

May 4th, 2024

Basics

1. Don't Take Life So Seriously
2. Be Playful
3. Connect to your Inner Child
4. Appreciate the Little Things
5. Change your Mindset

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. Review – Rolling Ball
 - vi. Review – Rowing the Boat in the Heart of the Lake
 - vii. Review – Lifting the Ball
 - viii. Review – Look at the Moon
 - ix. Review – Turning Waist, Pushing Palm
 - x. Review – Moving Clouds/Cloud Hands
 - xi. Touch the Sea, Look at the Sky**
 - xii. Dove Spreads its Wings**

Reflection

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

- A Beautiful Playground
- <https://youtu.be/FA02eE6Ho0s>

Meditation

- Guided deep relaxation
- Awake

Week 7

Spring Session

May 11th, 2024

Basics

1. “There is something about the outside of a horse that is good for the inside of a man.” – Winston Churchill
2. Animals are Honest
3. Being around Nature Feeds your Soul

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. Review – Rolling Ball
 - vi. Review – Rowing the Boat in the Heart of the Lake
 - vii. Review – Lifting the Ball
 - viii. Review – Look at the Moon
 - ix. Review – Turning Waist, Pushing Palm
 - x. Review – Moving Clouds/Cloud Hands
 - xi. Review – Touch the Sea, Look at the Sky
 - xii. Review – Dove Spreads its Wings
 - xiii. Pushing Waves**
 - xiv. Wild Goose Flying**

Reflection

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

- Feeds Your Soul
- <https://youtu.be/gOW7givsn4M>

Meditation

- Guided deep relaxation
- Awake

Week 8

Spring Session

May 18th, 2024

Basics

1. The Simple Act of Walking is Meditative
2. Walk with Nature

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. Review – Rolling Ball
 - vi. Review – Rowing the Boat in the Heart of the Lake
 - vii. Review – Lifting the Ball
 - viii. Review – Look at the Moon
 - ix. Review – Turning Waist, Pushing Palm
 - x. Review – Moving Clouds/Cloud Hands
 - xi. Review – Touch the Sea, Look at the Sky
 - xii. Review – Dove Spreads its Wings
 - xiii. Review – Pushing Waves
 - xiv. Review – Wild Goose Flying
 - xv. Alternating Fist Punches**
 - xvi. Turning the Flying Wheel**

Reflection

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

- Born to Walk
- <https://youtu.be/oHk4l0yr7EY>

Meditation

- Guided deep relaxation
- Awake

Week 9

Spring Session

May 25th, 2024

Basics

1. Be the Best Version of Yourself. No Masks.

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong The 18 Forms – Shibashi (By [Mimi Kuo-Deemer](#))
 - i. Review – Harmonizing the Qi
 - ii. Review – Opening the Chest
 - iii. Review – Separating Clouds
 - iv. Review – Rainbow Dance
 - v. Review – Rolling Ball
 - vi. Review – Rowing the Boat in the Heart of the Lake
 - vii. Review – Lifting the Ball
 - viii. Review – Look at the Moon
 - ix. Review – Turning Waist, Pushing Palm
 - x. Review – Moving Clouds/Cloud Hands
 - xi. Review – Touch the Sea, Look at the Sky
 - xii. Review – Dove Spreads its Wings
 - xiii. Review – Pushing Waves
 - xiv. Review – Wild Goose Flying
 - xv. Review – Alternating Fist Punches
 - xvi. Review – Turning the Flying Wheel
 - xvii. Bouncing Ball**
 - xviii. Closing Form for Peaceful Qi**

Reflection

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

- Behind the Mask
- <https://youtu.be/6DyHN2-Hw-s>

Meditation

- Guided deep relaxation
- Awake