

Week 1

Winter Session

January 10th, 2026

Introduction (Seated)

1. What is Qi Gong (Energy Cultivation)
2. The Founders of Reflections of Life
3. Be A Good Role Model
4. Enthusiasm for Life
5. Connecting with People

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Turning the Mill Wheel
 - ii. Drawing Circles with the Knees

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

- Never Too Old: Her Secret to a Meaningful Life
- <https://youtu.be/L31eMG2ZbUQ>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 2

Winter Session

January 17th, 2026

Reflections

1. Love Life
2. Let Your Inner Flame Shine
3. Positivity, Humor, and Enthusiasm

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. **Eagle's Flight**

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

- At 88 Her Secret to Loving Life: Positivity, Humour and Enthusiasm
- <https://youtu.be/IQ7RUit8S3M>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 3

Winter Session

January 24th, 2026

NO CLASS

Reflections

1. Love What You Do
2. Reconnect with Nature
3. Do No Harm

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. **Offering**

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

- Why Humour is Your Secret Weapon
- <https://youtu.be/QFKp7ar0k98>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 4

Winter Session

January 31st, 2026

Reflections

1. Leave Your Baggage Behind
2. Socialize with Your Community
3. Treat Others The Way You Want to Be Treated

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. Review – Offering
 - v. **Bringing down Fruits from Heaven**

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

- Beyond the Map: Meet the Weatherman of St Helena Island
- <https://youtu.be/i4kg5ue2Pw>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 5

Winter Session

February 7th, 2026

Reflections

1. Explore Life
2. Appreciate The Beauty of Earth
3. Focus on The Present

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. Review – Offering
 - v. Review – Bringing down Fruits from Heaven
 - vi. **Release Tension in the Arms**
 - vii. **Release Tension in the Legs**

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

- Vicki: The Botanical Artist Who Paints The Soul of Nature
- <https://youtu.be/-f4ojcV9AUI>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 6

Winter Session

February 14th, 2026

Reflections

1. Find Joy in What You Do
2. Life is A Playground
3. Choose to Be Happy

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. Review – Offering
 - v. Review – Bringing down Fruits from Heaven
 - vi. Review – Release Tension in the Arms
 - vii. Review – Release Tension in the Legs
 - viii. **Harmonize the Triple Burner**

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

- The Woman Who Remembers How To PLAY
- <https://youtu.be/FA02eE6Ho0s>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 7

Winter Session

February 21st, 2026

Reflections

1. "What's on the outside of a horse is good for the inside of man."
2. Being Around Animals Feeds Your Soul
3. Animals are Genuine, Honest

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. Review – Offering
 - v. Review – Bringing down Fruits from Heaven
 - vi. Review – Release Tension in the Arms
 - vii. Review – Release Tension in the Legs
 - viii. Review – Harmonize the Triple Burner

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

- What Animals Teach Us: The Honesty That Feeds Your Soul
- <https://youtu.be/gOW7givsn4M>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 8

Winter Session

February 28th, 2026

Reflections

1. Contemplate Life
2. Walking Can be Meditative
3. Attune Yourself to Nature

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. Review – Offering
 - v. Review – Bringing down Fruits from Heaven
 - vi. Review – Release Tension in the Arms
 - vii. Review – Release Tension in the Legs
 - viii. Review – Harmonize the Triple Burner
 - ix. **Search the Tiger**

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

- Walk Your Way to Clarity: The Power of Meditative Movement
- <https://youtu.be/oHk4l0yr7EY>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 9

Winter Session

March 7th, 2026

Reflections

1. Be Inspired by Nature
2. Let Go of Negativity
3. Be the Best Version of Yourself

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))

*Ready Position

- i. Review – Turning the Mill Wheel
- ii. Review – Drawing Circles with the Knees
- iii. Review – Eagle's Flight
- iv. Review – Offering
- v. Review – Bringing down Fruits from Heaven
- vi. Review – Release Tension in the Arms
- vii. Review – Release Tension in the Legs
- viii. Review – Harmonize the Triple Burner
- ix. Review – Search the Tiger
- x. **Polishing the Mirror**

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

- The Young Musician Who Sees The World Differently
- <https://youtu.be/6DyHN2-Hw-s>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 10

Winter Session

March 14th, 2026

Reflections

1. Bringing Back Connection to the Natural World
2. Learn From the Bees
3. Express your Passion Through Art

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))

*Ready Position

- i. Review – Turning the Mill Wheel
- ii. Review – Drawing Circles with the Knees
- iii. Review – Eagle's Flight
- iv. Review – Offering
- v. Review – Bringing down Fruits from Heaven
- vi. Review – Release Tension in the Arms
- vii. Review – Release Tension in the Legs
- viii. Review – Harmonize the Triple Burner
- ix. Review – Search the Tiger
- x. Review – Polishing the Mirror
- xi. **Collect Water from the Well and Splash the Stars**

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

- She Dedicated Her Life to BEES. Here's What She Discovered
- https://youtu.be/oSsEHF_sVUU

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle

Week 11

Winter Session

March 21st, 2026

Reflections

1. Live in a State of Love
2. Seek Harmony
3. Love Yourself

Gentle Exercises

1. Movements of Synovial Joints
2. Neck Exercises
3. The Twelve of the Temple (Los Doce del Templo) (By [Efrain Brady](#))
 - *Ready Position
 - i. Review – Turning the Mill Wheel
 - ii. Review – Drawing Circles with the Knees
 - iii. Review – Eagle's Flight
 - iv. Review – Offering
 - v. Review – Bringing down Fruits from Heaven
 - vi. Review – Release Tension in the Arms
 - vii. Review – Release Tension in the Legs
 - viii. Review – Harmonize the Triple Burner
 - ix. Review – Search the Tiger
 - x. Review – Polishing the Mirror
 - xi. Review – Collect Water from the Well and Splash the Stars
 - xii. **Embrace the Tree, Twisting the Torso (Hug the Tree)**

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

- The Self-Love Revolution: Finding Your True Worth
- <https://youtu.be/X6d2GQdPcol>

Meditation

- Guided deep relaxation
- Sensing Qi
- Closing Circle