

Videos	Test Yourself	Wordciphers	MathFacts	Math Diagnostics	Math Tricks	Daily PhysEd
Class Photos	Worksheets	Teen Math	Music	Word Games	Teacher Timesavers	Study Guides

Chair Tai Chi

www.PedagoNet.Com

learning material & resource centre

Gentle, seated movements for flexibility, balance, and calm.
Perform each exercise 10 times.

Chair Tai Chi Exercises



Hand Flows

Lift and lower hands like gentle waves.



Cloud Hands

Wave hands side to side.



Reverse Rowing

Pull back as if rowing.



Tai Chi Pulls

Pull hands in, then push out.



Cross Expansion

Cross arms, then open wide.



Circle Energy

Circle arms in big motions.



Forward Flow

Reach forward and down.



Open-Close

Palms together, then open.



Pushing to Clouds

Press hands up, then draw back.

Day	Routine
Sunday	Hand Flows • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends
Monday	Reverse Rowing • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends
Tuesday	Tai Chi Pulls • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends
Wednesday	Open–Close • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends
Thursday	Pushing to Clouds • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends
Friday	Cross Expansion • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends
Saturday	Circle Energy • Cloud Hands • Circles (both directions) • Seated Arm Circles • Seated Side Bends