



10 Tips for Learning Tai Chi for Beginners

- 1) Familiarize yourself with the movements (don't worry about perfection)
- 2) Approach the practice with an attitude of lightness (not too serious)
- 3) Allow your head to float up like a balloon
- 4) Soften the shoulders and elbows
- 5) Slightly round the back
- 6) Relax the waist
- 7) Use intention rather than force
- 8) Practice moving like water - smooth, continuous, and slow
- 9) Make sure that you are breathing
- 10) Bring mindfulness to your bodily sensations