

Tai Chi



for **Heart Conditions**

by Dr. Paul Lam



Heart Qigong Massage (HE7 + PC7)

1. **Commencement form**
2. **Open & Close**
3. **Wave Hands** Yang style left **(3x L)**
4. **Open & Close**
5. **Shuttles** Yang style left **(L)**
6. **Open & Close**
7. **Shuttles** Yang style right **(R)**
8. **Open & Close**
9. **Leisurely Tying Coat** Chen style right **(L)**
10. **Open & Close**
11. **Leisurely Tying Coat** Chen style left **(R)**
12. **Open & Close**
13. **Wave Hands** Yang style right **(3x R)**
14. **Open & Close**
15. **Closing Form**