

Tai Chi

for **REHABILITATION**



by Dr. Paul Lam

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1. **Commencement form**
2. **Open & Close 3x**
3. **Wave Hands** Yang style - **(3x L)**
4. **Open & Close**
5. **Harmonising Yin & Yang (L)**
6. **Open & Close**
7. **Harmonising Yin & Yang (R)**
8. **Open & Close**
9. **Wave Hands** Yang style - **(3x R)**
10. **Open & Close 3x**
11. **Closing Form**

The Extension

*Add to the end of moves 5 & 7, the spiral and push to L and R respectively