

SilverSneakers EnerChi Simplified Class Outline

Warm-up Exercises:

1. Relaxing stance, breath focus
2. Stretch back of neck
3. Neck Rotations
4. Shoulder rolls F
Shoulder rolls B
5. Wings of a Bird
6. Side to side weight shift
7. Descending the Mountain
8. Figure 8's
9. Reaching Earth and Sky
10. Hug the Big Oak Tree

Work:

1. Open the Door
2. Embrace the Moon: Rotations
3. Embrace the Moon: Reach up-down
4. The Cycle of the Moon R
5. The Cycle of the Moon L
6. Circle Breath
7. Pierce the Clouds R
8. Pierce the clouds L
9. Open and Close
10. Parting Wild Horse's Mane R
11. White Crane Flashes Wings R
12. Parting Wild Horses Mane L
13. White Crane Flashes Wings L
14. Brush Knee w/spiral arms and play the Lute L

15. Push the Mountain R
16. Brush Knee w/spiral arms and Play the Lute R
17. Pushing the Mountain L
18. Stroke the Birds Tail R
19. Wave Hands Like Clouds with weight shift R
20. Stroke the Bird's Tail L
21. Wave Hands Like Clouds with weight shift L
22. Open and Close
23. Sinking the Chi
24. Close form

Cool-down, final stretch:

1. Gentle fist taps on alternating knee lifts
2. Ring the Gong
3. Palm circles in front of torso,R/L
4. Calming Center
5. Spinal Extension and Flexion
6. Calf stretch with front punch
7. Hip flexor stretch
8. Toe-heel taps
9. Inversion-eversion toe taps
10. Cross Hands

Relaxation:

The Healing Breath