

Stress Reduction/Mindfulness

Tai Chi-inspired Mindful Movement

Three breaths

Sweeping arms up and out to side with inhale

Sweeping arms back down to side with exhale

Embrace the Moon

Step out to wider stance

Pierce the Clouds

Step right foot forward to diagonal stance

Step back to center

Step left foot forward to diagonal stance

Part Wild Horse's Mane

Step right foot out to L-stance

Step back to center

Step left foot out to L-stance

Sink the Chi