

Tai Chi Easy™

Gentle Movement & Mindful Breath for Balance, Relief, & Renewal

Tai Chi Easy™ is a simplified method of Tai Chi. It is readily accessible and adaptable for anyone, even those who are dealing with chronic pain and other conditions.

Developed by Dr. Roger Jahnke, O.M.D., Tai Chi Easy™ incorporates elements of both Tai Chi and Qigong.

This method is easy to learn. There is no need to spend years learning the 108 traditional movements of long form Tai Chi to reap the benefits of the practice.



Key principles of Tai Chi Easy™



Do the practices as best you can. Have fun.
Practice in your personal comfort zone.
Modify and adapt for your body's needs.

Practice the “Three Intentful Corrections” of
body, breath, & mind:

- Posture & Movement
- Breath
- Mindful awareness



Ancient Traditions Meet Modern Science

Chi or qi (*chee*) describes the invisible, yet vital life force energy that flows through everything. When this energy flows abundantly and easily within our bodies, we feel healthier, body, mind, and spirit.

If we experience acute or chronic stress or illness, this flow of energy is impeded. When this happens, pain, mobility issues, depression, and insomnia can arise.



Tai Chi and Qi gong are ancient traditions. Qigong evolved over 5000 years ago as a simple practice to enhance well being. Tai Chi's origin 800 years ago as a martial art was focused on precise movement and a focused mind.

Years of anecdotal evidence, now being supported by numerous studies, indicate that regular practice of Tai Chi and Qigong are effective means to improve balance and lower fall risk, relieve pain and stress, lower blood pressure and heart rate, improve quality of life, and increase mental focus and awareness.

VITALITY METHODS

Flowing motion



Raise palms up with inhalation
Palms down with exhalation

Benefits

Increases blood circulation
Lowers blood pressure
Stimulates lymph & immune system
Deep relaxation

Right & Left Bending



Bend right, exhaling
Return to center, inhaling
Bend to left, exhaling

Benefits

Maintain & improve lateral flexibility
Improves flexibility of rib cage
Exercises muscles of the spine
“Massages” the spinal discs

Front & Back Bending



Inhale, raise palm upwards, stretch
Exhale, palms close, downward fist
Bending forward with exhale fully

Benefits

Rib cage expansion
Increase lung capacity
Increases balance if done standing
Pumps the lymph system
Supports relaxation response

Upward & Outward



Inhale, lacing fingers together & raise palm upwards, stretch
Exhale, unlace fingers, lower arms, palms facing outwards

Benefits

Improve flexibility of spine
“Massages” the spinal discs
Increased blood circulation
Pumps the lymph system

Spontaneous Qigong



Natural and intuitive
Align posture
Bounce, shake, breathe, laugh, sigh

Benefits

Releasing tension
Improves energy flow
Shifts mood

Breathing



Essential breath
Sigh of Relief
Gathering Breath

Benefits

Relaxation response
Lymph system support
Revitalization

TAI CHI MOVEMENTS

Harmonizing Yin & Yang

- Align & Open.
- Energy ball to the right – right hand on top, left below.
- Turn left from waist, “throw Frisbee.”
- Energy ball to the left – left hand on top, right below.
- Turn right from waist, “throw Frisbee”
- Slowly, gracefully repeat several times ending with right hand on top
- Slowly inhale and exhale throughout



Brush Knee, Send Chi



- Turn energy ball over, left hand on top
- Slowly drop both hands downward, left hand “brushes” knee
- Right hand move backward, then rises forward as if “swimming”
- Turn to left from waist as right hand crosses the body and sends chi
- Energy ball with right hand on top
- Repeat same movements to the left side
- Repeat to each side as many times as you wish

Cutting the Path to Clarity

- Weight equally distributed in opening position
- Crossed palms face outward, left hand closet to chest
- Left hand pull back, right hand moves forward leading from pinky (knife edge). Pause and slowly the hands move, changing position
- Palms meet at chin level creating an Energy ball. palms face each other at shoulder height
- Left hand pushes forward, right hand pulls back. Pause. Reverse and create energy ball in the center
- Repeat as many times as you wish
- Complete at center with arms crossed at chest height, right arm closest to chest, palms facing outward



Watching Clouds Pass



- Hands crossed over chest, weight distributed evenly
- Open arms in arcs, shoulder height
- Right arm moves down in arc, left hand opens away from body
- Left hand above right hand, weight shifts to left foot
- Slowly move left arm down in an arc
- Right arm moves slowly across body in arc
- Weight shifts to right foot. Finish with hands crossed over chest

Gathering Heaven & Earth

- Arms crossed over chest, palms facing toward body, weight centered
- Open arms, 45° angle, palms facing each other
- Bend knees, release arms, palm facing upward
- Float down gradually, gather up the Yin energy of Earth
- Rise up, “carrying” the Yin energy upward, crossing arms in front of heart
- Slowly open your arms, reach up toward Heaven and “gather” that energy
- Bring energy ball to chin level
- Closing posture



RESOURCES FOR FURTHER EXPLORATION

For additional information about Tai Chi Easy™, Tai Chi, & Qi gong: <https://www.healerwithinfoundation.org/taichieasy>; <https://taichiforhealthinstitute.org/>; <https://qigonginstitute.org/>

Walking Tai Chi Easy™ video: <https://www.youtube.com/watch?v=dijBCf8GUVs>

[The effect of tai chi on functional mobility, balance and falls in Parkinson's disease: a systematic review and meta-analysis of systematic reviews](#)

[Effects of tai chi-based cardiac rehabilitation on aerobic endurance, psychosocial well-being, and cardiovascular risk reduction among patients with coronary heart disease: a systematic review and meta-analysis.](#)

[Tai chi and qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis](#)

CATHERINE CERULLI, M.ED.



I encourage you to have fun. Create your own daily practice. Be consistent. Give yourself permission to even just choose one practice for the day. Even a little practice each day accumulates benefit over time.

Be curious. Safely explore your range of comfort. Notice which of these techniques give you the most relief and benefits depending upon the day's circumstances. What you discover may change day to day.

Above all, continue to deeply exhale, drop your shoulders, and smile as you increase your sense of balance, relief, and renewal.

www.catherinecerulli.com

SPONSORED BY



For more information about the wealth of resources, funded by by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association, and provided by PAMI:

CONTACT US

Phone: 904-244-4986
Email: pami@jax.ufl.edu
Website: pami.emergency.med.jax.ufl.edu



Search us using:
[@ufpami](#)