



Welcome to the Circle of Chi and Tai Chi Gung. We're excited you're here.

We're proud that you have opened this letter, and we support your efforts 100%. As you explore the parts of your 45 Day Renewal, we won't look over your shoulder, or insist one thing or another. This is your path, learn to think for yourself. We celebrate you and wish you the very best.

Walking:

10-15 minutes a day. Outdoors if you can. Indoors is fine.

Walking honors one of the most important flows of energy there is: you are going forward. Fast or slow, allow yourself to be and go at your own pace. Halfway through, begin to gradually slow down, like a car shifting from 5th gear to 4th gear, from 4th gear to 3rd gear and so forth. Breathe normally.

Tai Chi Gung Standing Exercises:

20-40 minutes a day.

These exercises are the core of the Tai Chi Gung system. They have been practiced and shared in an unbroken lineage for more than 3000 years. They balance the right and left side of the body, calm the nervous system, improve peace of mind, and build strength and flexibility.

Prayer and Meditation:

5-10 minutes a day.

Using Mala Beads is a powerful way to begin. (available in the store) Choose a phrase and repeat it with each bead. It can be from your faith tradition, or any inspirational source... including your intuition. One powerful affirmation to consider is: "Greater is Thee in me than is in the world." Or "I am Light".

Reading:

5-10 minutes a day.

Learn more about Tai Chi Gung in the eBook you received with your membership or spend time with sacred scripture of the belief system you embrace. Be inspired by the inspiration of others who have come before you.