

## **OSHER LIFELONG LEARNING SPRING 2023**

### **T'ai Chi for Beginners: The Yang Style 8 Form**

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#### Class 1

Introductions

Safety procedures

Information and background on Tai Chi

Warm-up (flexibility) exercises

Demonstration of 8 Form

Orientation and Preparation; Wuji stance

Presentation and practice of first postures:

Opening; Lifting and Pressing Down

Review and practice

Cool Down

#### Class 2

Warm-ups

Review of previously presented material and practice of postures

Introduction of new posture: Repulse Monkey

Review and practice

Cool Down

#### General Format of Succeeding Classes:

Warm-ups

Review and practice of previous posture forms

Introduction of new posture (depending on progress of class)

Repeated practice of form.

Cool Down