Tai Chi
8-Step Standing Sequence

Flow through the steps slowly with emphasis on precise movement, proper alignment, calm breathing in and out, keeping head up and eyes focused and soft. Use imagery to help to flow like water through the poses. Repeat on each side.

1. Stand upright, hands on waist, feet hip-width apart, knees slightly bent
   IMAGINE: still and sturdy like a tree

2. Shift weight onto left foot, touch right toe on floor out in front
   IMAGINE: silent and soft like a cat

3. Raise right knee up to waist height, balance on left leg, stretch head upwards
   IMAGINE: balanced and tall like a stork

4. Keep weight on left, place right heel back down on the floor in front of right shoulder
   IMAGINE: firm and sure like a gymnast

5. Move right foot to side, bend knees in a wide crouch (sumo), weight on both feet
   IMAGINE: strong and centred like a bear

6. Pivot both feet to the right, reach both hands, palms up, to right, flow through centre and repeat other side
   IMAGINE: graceful and soft like ribbons in the wind

7. Bring right foot to meet left foot, raise arms out to sides and up to the sky, palms up
   IMAGINE: smooth and flowing like the rising sun

8. Keep feet together, circle arms out to sides and down beside the body, palms down
   IMAGINE: slow and steady like the setting sun

Adapted from Figueroa and Berwick, 2006