

Tai Chi *Easy*™

Gentle Movement & Mindful Breathing for Balance, Relief & Renewal



About the Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

Funding provided by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association.

Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI: pami@jax.ufl.edu or 904-244-4986.

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Balance, Relief, and Renewal

Explore an ancient healing arts tradition adapted to meet the needs of our modern lives.

Benefits of Tai Chi & Qigong

Improve balance & lower fall risk

Relieve pain & stress

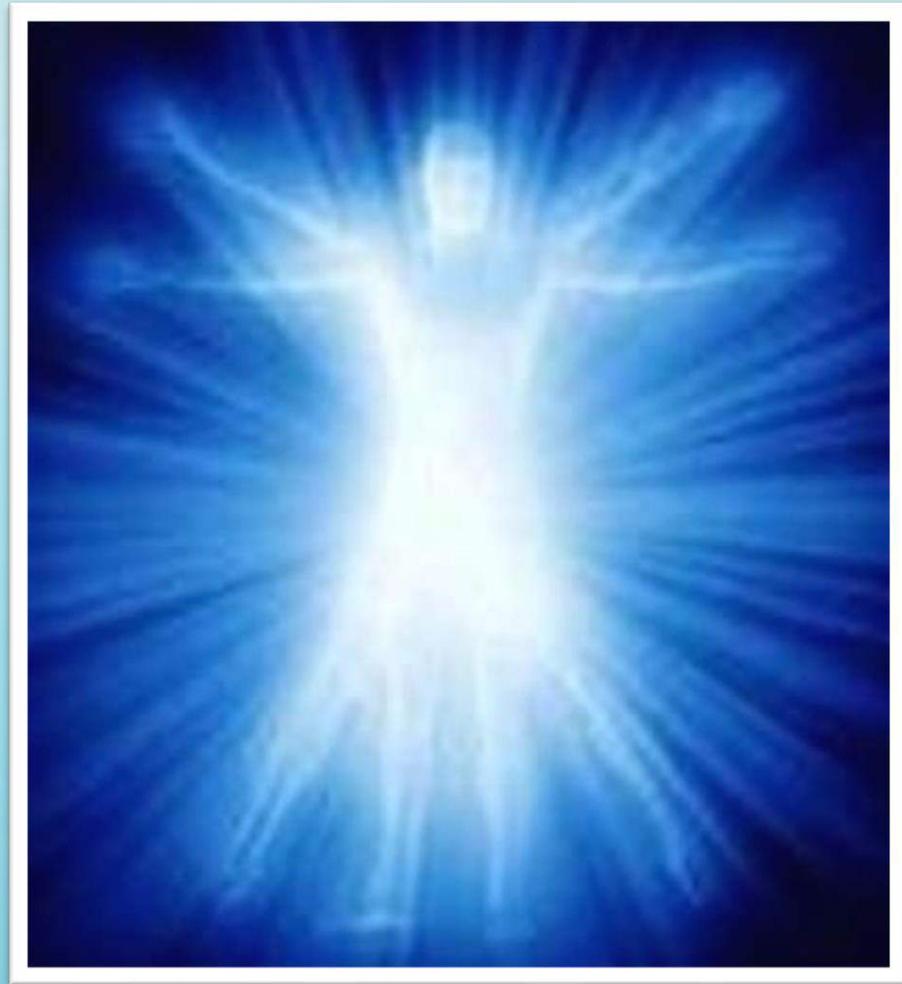
Lower blood pressure & heart rate

Improve quality of life

Increase mental focus & awareness



What is Chi?



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 & Qigong

- Mind-body exercise incorporating:
 - Body awareness
 - Slow, deliberate movement
 - Mindful breathing
- Qigong evolved over 5000 years ago as a simple practice to enhance health and well-being.
- Tai Chi's origin 800 years ago as a martial art was focused on precise movement and a focused mind.

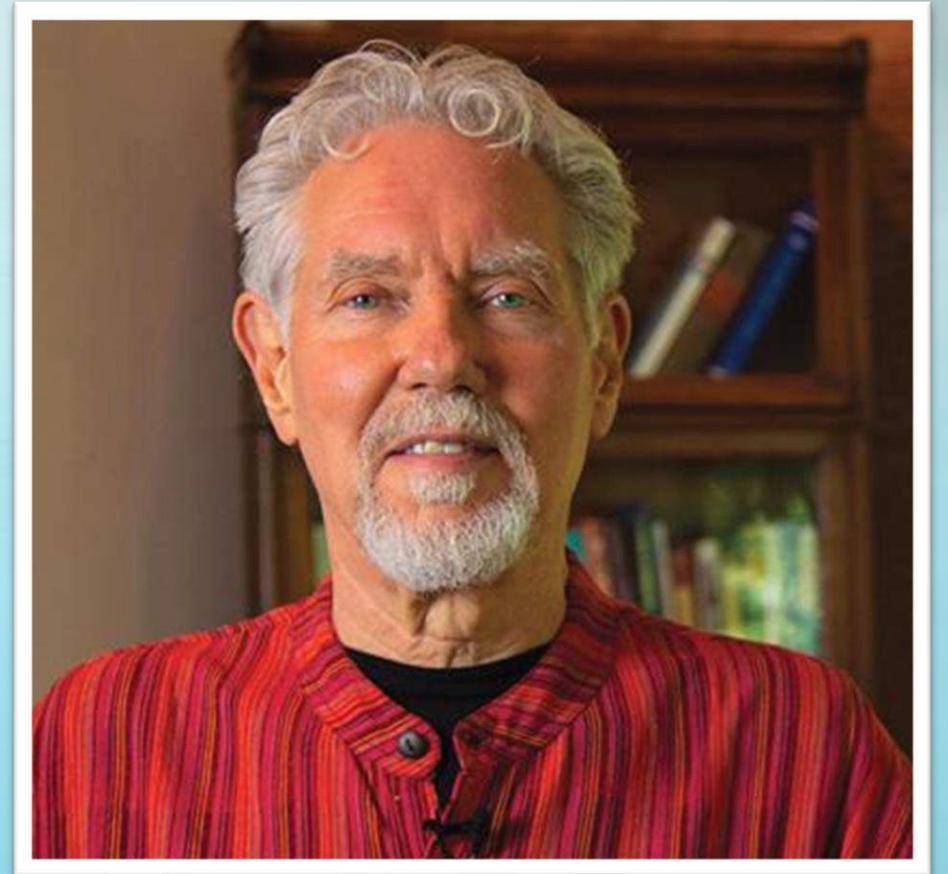


Tai Chi Easy™

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

Carefully developed by Dr, Roger Jahnke, O.M.D., Tai Chi Easy™ incorporates elements of both Tai Chi and Qi gong.

This method and approach makes learning elements of Tai Chi enjoyable, beneficial, and easy. There is no need to spend years to learn the 108 traditional movements of long form Tai Chi to reap the benefits of the practice.



Dr. Roger Jahnke, O.M.D.

Practice Guidelines: Do's & Don'ts

Do:

- Keep it simple & fun.
- Intend to relax deeply.
- Create your own routine & practice daily.
- Regulate the breath.

DON'T:

- Try too hard.
- Be fooled by the simplicity.
- Do too much.
- Expect too much, too soon.

Key principles of **Tai Chi Easy**™

Do the practices as best you can.

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



Three Intentional Corrections

Adjust and regulate your body posture and movement.

Adjust and deepen your breath.

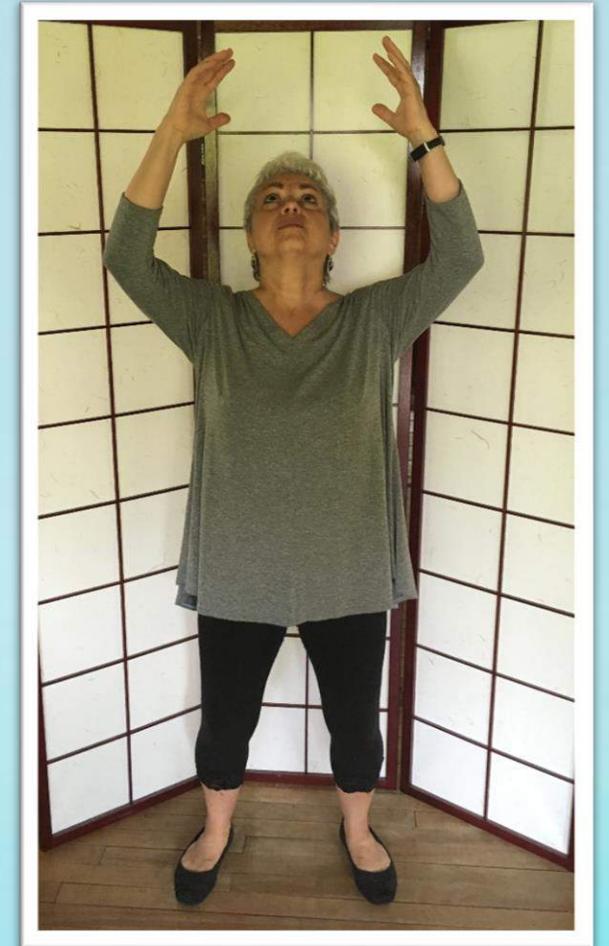
Clear your mind. Present moment focus.



Tai Chi *Easy*™ Sequences



- Aligning & Opening
- Vitality methods
 - Flowing
 - Right & Left Bending
 - Front & Back Bending
 - Spontaneous qigong
- Five Tai Chi Movements
 - Harmonizing yin and yang
 - Brush knee, Send chi
 - Cutting the path to clarity
 - Watching the clouds pass
 - Gathering heaven and earth
- Closing



Aligning & Opening



Standing – feet, shoulder width apart; knees slightly bent, shoulders relaxed, arms dangling, top of head lifted

Sitting – feet flat on the floor, shoulders relaxed, hands resting lightly on thighs, top of head lifted



Breath Practices & Benefits



- Practice standing, sitting, or lying down
- Types of breathing
 - Essential breath
 - Sigh of Relief
 - Gathering Breath
- Benefits
 - Relaxation response
 - Lymph system support
 - Revitalization



Vitality Method: Flowing Motion



Method

- Standing, sitting, or lying down
- Raise palms up with inhalation
- Palms down with exhalation

Benefit

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



Vitality Method: Right & Left Bending



Method

- Standing, sitting, or lying down
- Bend right, exhaling
- Return to center, inhaling
- Bend to left, exhaling

Benefit

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



Vitality Method: Front & Back Bending



Method

- Standing, sitting, or lying down
- Inhale, raise palm upwards, stretch
- Exhale, palms close, downward fist
- Bending forward with exhale fully
- Repeat

Benefit

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



Vitality Method: Reaching Upward & Outward

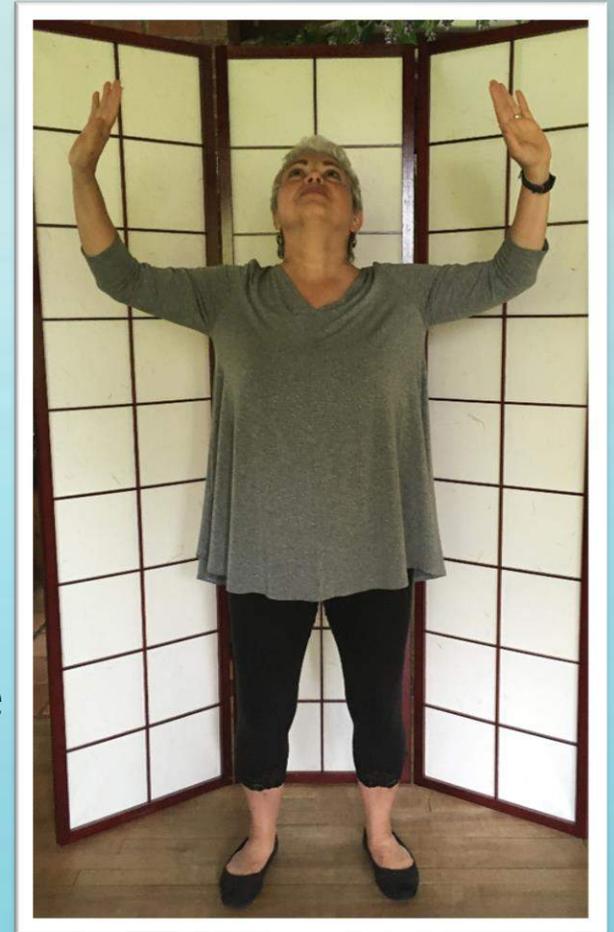


Method

- Standing, sitting, or lying down
- Inhale, lacing fingers together & raise palm upwards, stretch
- Exhale, unlace fingers, lower arms, palms facing outwards

Benefit

- Maintain & improve flexibility of spine
- “Massages” the spinal discs
- Increased blood circulation
- Pumps the lymph system



Vitality Method: Spontaneous Qigong

Method

- Standing, sitting, or lying down
- Natural and intuitive
- Align
- Bounce, shake, breathe, laugh, sigh

Benefit

- Releasing tension
- Improves energy flow
- Shifts mood



1. Harmonizing Yin & Yang

Method

- 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



2. Brush Knee, Send Chi



Method

- 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
- End by turning center, cross hands in front of chest

3. Cutting the Path to Clarity



Method

- Centered and weight equally distributed
- Crossed palms face outward, left hand closest 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.

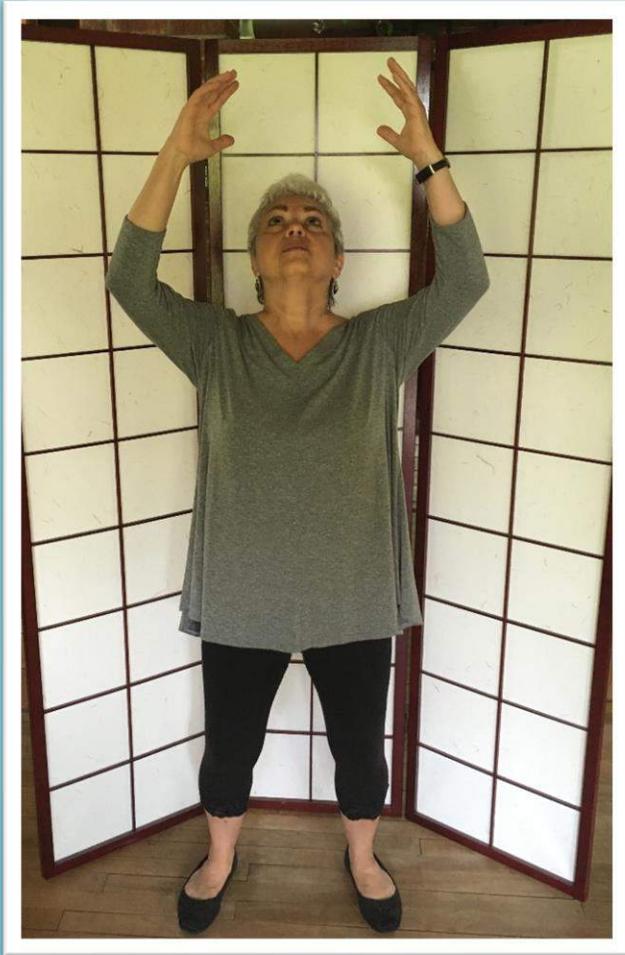
4. Watching Clouds Pass

Method

- Hands crossed over chest, weight distributed evenly.
- Open arms in arcs, shoulder height.
- Right arm moves down in arc, while 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 and weight shifts to right foot. Repeat as you wish.
- Finish with hands crossed over chest



5. Gathering Heaven & Earth



Method

- 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 & “gather” that energy
- Bring that energy ball to chin level
- Repeat as desired.



5. Closing

Arms crossed over chest, palms facing toward body. Weight centered. Feet hip distance apart.

Open and outstretch your arms as you inhale.

When arms are over head, begin exhale as you shift your weight to the left foot and bring the right foot in next to the left foot.

As your hands slowly descend, “bathe” yourself in the Qi. Repeat as you wish.

Last time, let hands descend and rest on the belly below the navel.



Resources & Research

For additional information about Tai Chi Easy™, Tai Chi, & Qi gong:

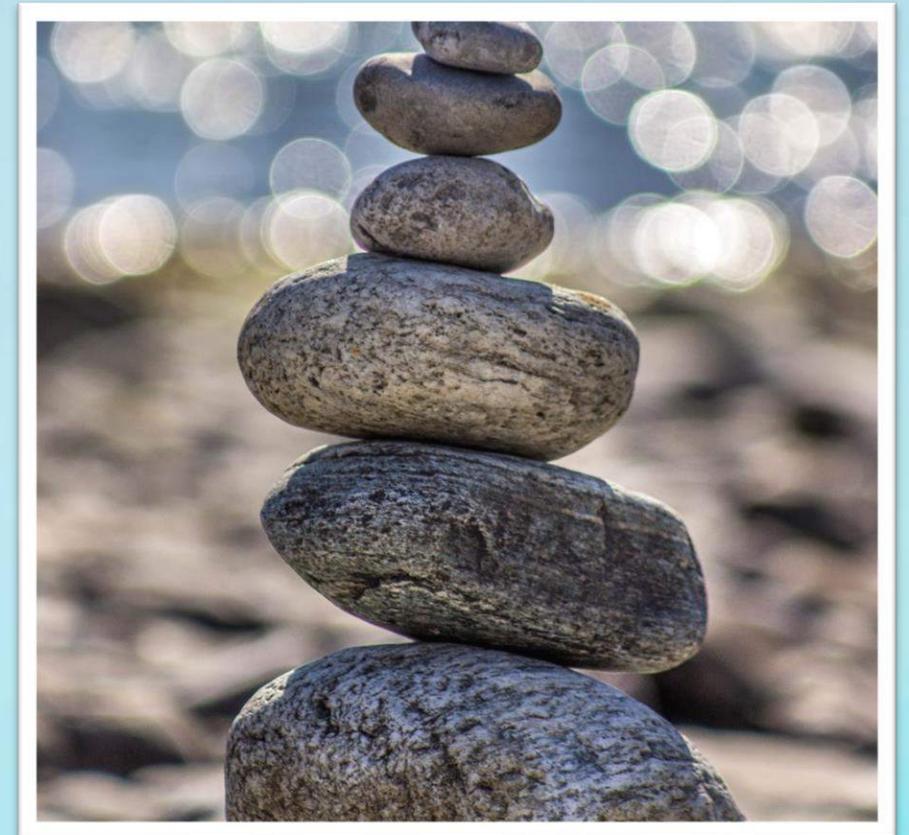
<https://www.healerwithinfoundation.org/taichieasy>

<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. *Explore*. 2021;S1550-8307(21)00247-0.
- 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. *European Journal of Cardiovascular Nursing*. 2018;17(4):368-383.
- Tai chi and qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis. *Journal of Cancer Survivorship*. 2018;12(2):256-267.





Thank you for joining me to explore the benefits and practice of Tai Chi Easy™.

As you go forward, I encourage you to be curious. Notice how you are feeling – body, mind or spirit.

Bring your awareness to your body and your breath. Is your breathing shallow or full? Rapid or slow? Are you noticing any part of your body that feels stiff or painful? Is your mind racing or calm?

Use this awareness, to select which of the techniques you learned, may be of most benefit today. What you choose to do may change from day to day.

Keeping your practice simple and fun! A little mindful movement and breathing every day will bring you many benefits over time. I hope you enjoy your practice.

Thank You for Exploring **Tai Chi Easy™**



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

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