

## **Mindful Taichi Fall 2026 Program Syllabus**

### **A 15-Session Course in Relaxation, Balance, and Mindful Movement**

**Instructor:** Dr. Ying Wang

**Organization:** Mindful Taichi Co. (501(c)(3))

**Format:** In-person group instruction

**Duration:** 15 sessions (60 minutes each)

**Target Audience:** Adults, seniors, and beginners

### **Program Overview**

This program introduces participants to the foundational principles of Taichi through gentle, structured, and mindful movement. The course emphasizes relaxation, body awareness, and integration of movement and breath, supporting both physical and mental well-being.

Instruction is trauma-informed and accessible to individuals of all experience levels.

### **Learning Objectives**

By the end of the program, participants will:

1. Develop increased body awareness through relaxation and mindful attention
2. Improve balance, coordination, and posture
3. Understand foundational Taichi principles, including relaxation (Song), structure, and flow
4. Experience stress reduction and improved nervous system regulation
5. Build confidence in maintaining a simple personal practice

### **Teaching Approach**

- Gentle, step-by-step instruction
- Emphasis on relaxation and natural movement
- Clear verbal guidance and demonstration
- Inclusive and supportive learning environment
- Adaptable to different physical abilities

### **Course Structure (15 Sessions)**

### **Phase 1 — Foundation (Sessions 1–5)**

- Postural alignment and standing awareness
- Introduction to relaxation (Song)
- Basic weight shifting and coordination
- Foundational silk-reeling movements

### **Phase 2 — Integration (Sessions 6–10)**

- Connecting upper and lower body
- Simple movement sequences
- Balance and coordination training
- Breath and movement integration

### **Phase 3 — Flow and Application (Sessions 11–15)**

- Short sequence practice
- Application in daily activities (standing, walking, stress release)
- Developing independent practice
- Reflection and integration

### **Materials**

- Comfortable clothing
- Flat, stable footwear (optional)

### **Notes**

This program can be adapted based on participant needs, group size, and setting.