

Tai Chi for Seniors

Printable 28-Day Companion Guide

A calm, beginner-friendly companion to help you build steadiness, strength, and daily ease. Use this wall guide to see exactly how the program progresses each week.

Daily Practice

Gentle Arrival
1 min

Core Sequence
3 / 5 / 7 / 10 min

Closing Form
1 / 2 / 4 min

Week 1

Foundations

Feel safe, familiar, and steady.

1. Commencing Form
2. Brush Knee and Push
3. Repulse Monkey
4. Wave Hands Like Clouds
5. White Crane Spreads Its Wings
6. Closing Form

Week 2

Balance

Build confidence standing, turning, and shifting weight.

1. Commencing Form
2. Grasp the Bird's Tail
3. Brush Knee and Push
4. Repulse Monkey
5. Golden Rooster Stands on One Leg
6. Closing Form

Week 3

Flexibility

Reduce stiffness and move with more ease.

1. Commencing Form
2. White Crane Spreads Its Wings
3. Playing the Lute
4. Parting the Wild Horse's Mane
5. Wave Hands Like Clouds
6. Closing Form

Week 4

Functional Strength

Support rising, reaching, and everyday movement.

1. Commencing Form
2. Grasp the Bird's Tail
3. Brush Knee and Push
4. Repulse Monkey
5. Fair Lady Works the Shuttles
6. Wave Hands Like Clouds
7. Closing Form

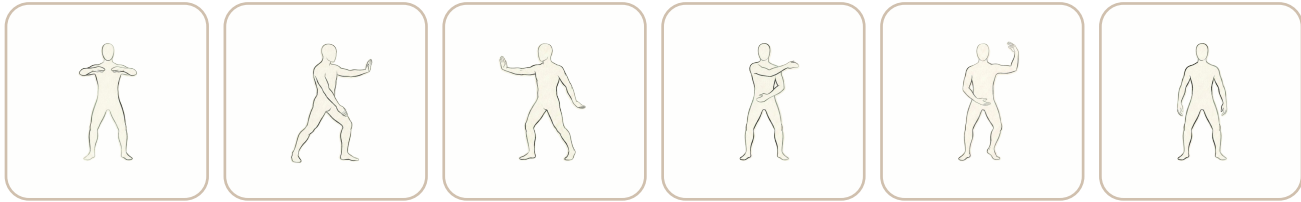
For step-by-step instructions, seated options, and your Week 5+ routine, return to the book.

28-Day Progress Tracker

Use this page as your fridge-friendly progress tracker.

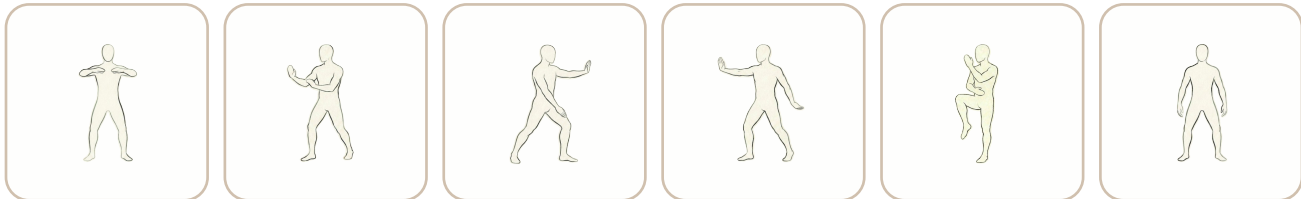
Week 1 - Foundations

Create safety, familiarity, and a gentle rhythm.



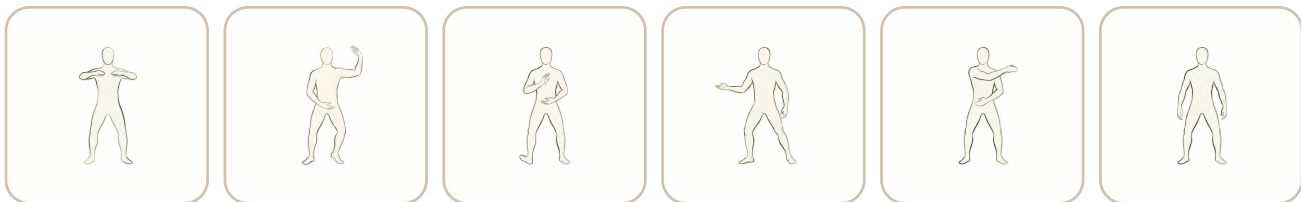
Week 2 - Balance

Build steadiness through turning and weight shift.



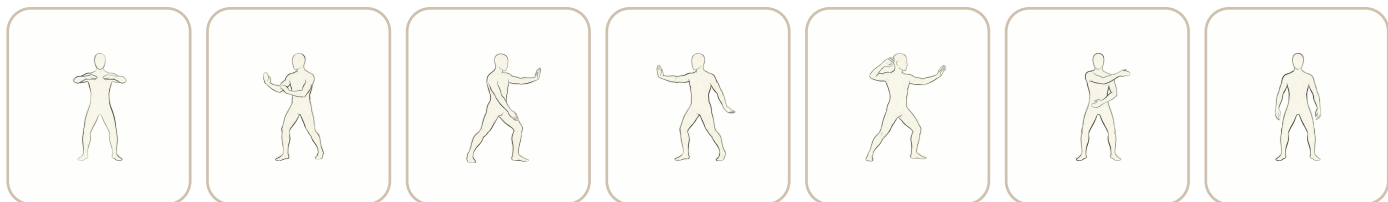
Week 3 - Flexibility

Reduce stiffness and restore easy range of motion.



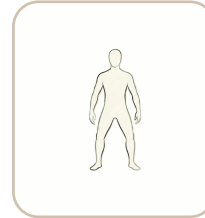
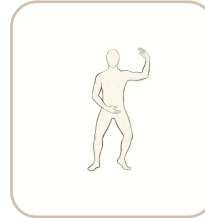
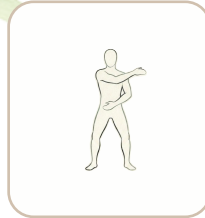
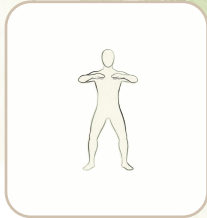
Week 4 - Functional Strength

Support daily independence through gentle strength.



Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Welcome. You do not need to do this perfectly - you only need to begin. Let your shoulders soften and your breathing slow.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

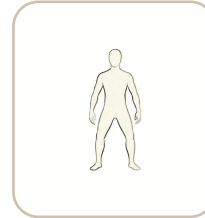
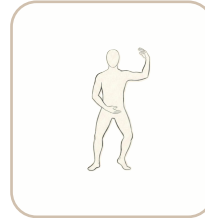
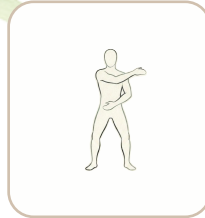
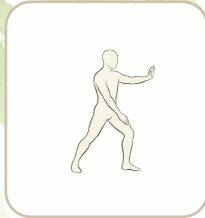
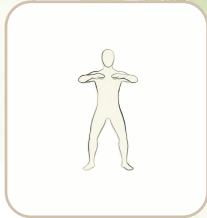
Today I noticed...

- My body felt calmer after practice
- Moving slowly felt safe
- The routine felt new but manageable
- I showed up today

Date: _____

Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Settle your breath before you move. Quiet progress still counts.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

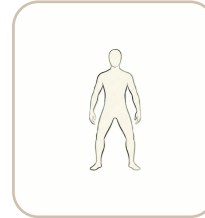
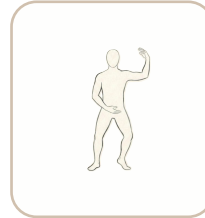
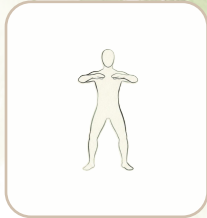
Today I noticed...

- Commencing and closing felt more familiar
- I breathed a little easier as I moved
- I felt a little less hesitant
- I showed up today

Date: _____

Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Step back gently and notice that you can stay in control.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

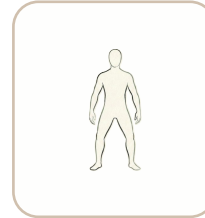
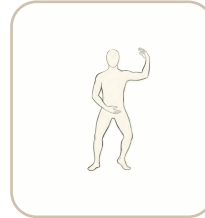
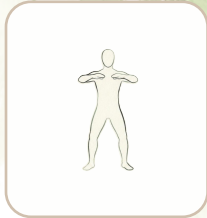
Today I noticed...

- Shifting my weight felt less awkward
- My body felt a little less stiff
- Stepping back felt more manageable
- I showed up today

Date: _____

Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Let the movement connect without hurrying. Smooth is more important than big.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

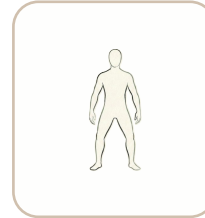
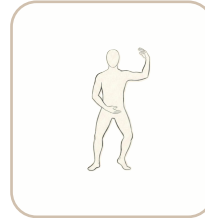
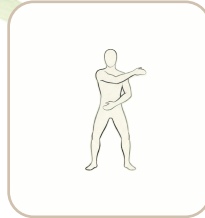
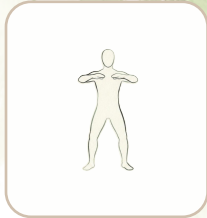
Today I noticed...

- The sequence felt a little smoother
- I paused less between movements
- Slow movement felt more natural
- I showed up today

Date: _____

Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Open through the chest and keep the neck easy. Let the body stay soft.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

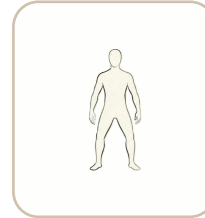
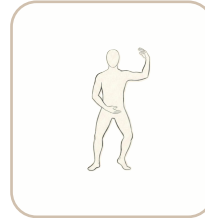
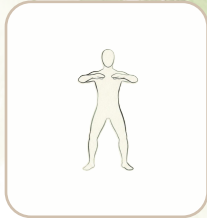
Today I noticed...

- My chest or shoulders felt more open
- Upright posture felt a little easier
- I felt more room to breathe
- I showed up today

Date: _____

Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Today is about linking what you already know. Familiarity builds confidence.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

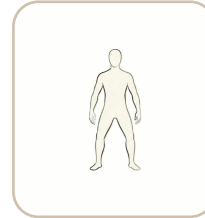
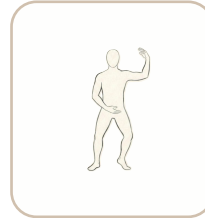
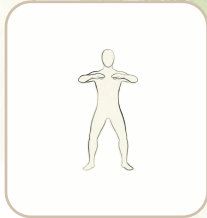
Today I noticed...

- I needed less thinking between movements
- The flow began to feel more natural
- Practice felt more familiar today
- I showed up today

Date: _____

Today's Flow

Commencing Form → Brush Knee and Push → Repulse Monkey → Wave Hands Like Clouds → White Crane Spreads Its Wings → Closing Form



Today's Intention

Repeat the flow and notice what feels a little more familiar than it did before.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

Week 1 Safety & Familiarity Score

Not yet

A few moments

Some days

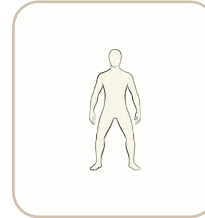
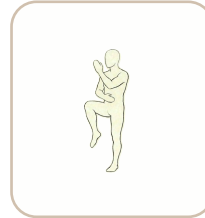
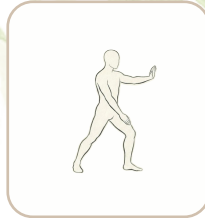
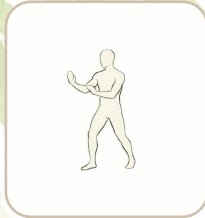
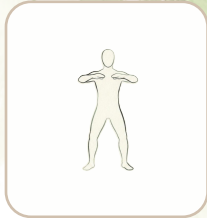
Often

Clearly yes

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Return to what is familiar and let steadiness lead.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

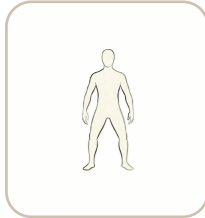
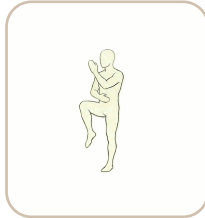
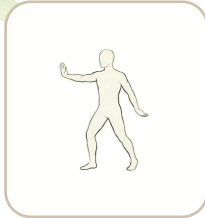
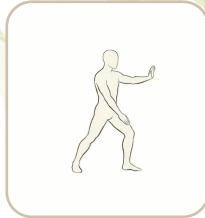
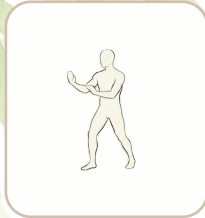
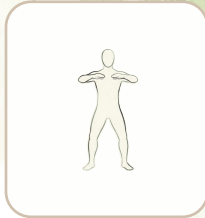
Today I noticed...

- I felt more grounded while standing
- I noticed my feet more clearly
- Standing felt a little steadier
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Find the center of the movement before adding effort.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

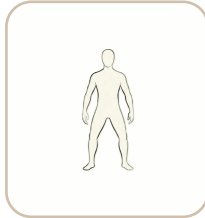
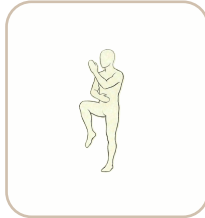
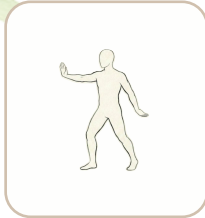
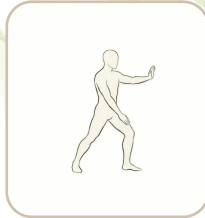
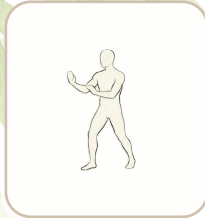
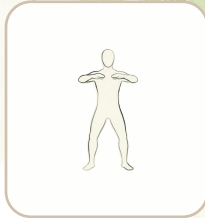
Today I noticed...

- Weight shifts felt more organized
- Turning felt more controlled
- I felt more centered in my body
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Shift your weight slowly and stay rooted through your feet.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

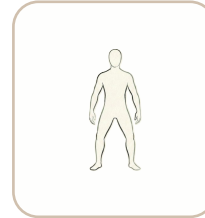
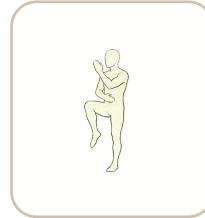
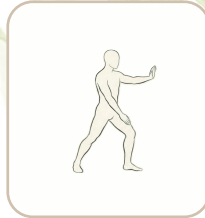
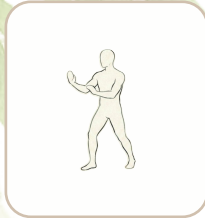
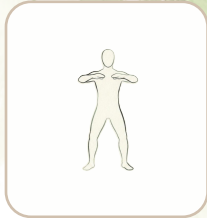
Today I noticed...

- I could feel my balance point more clearly
- My hips and feet worked together better
- Moving slower helped me feel steadier
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Step back with calm control, not speed. Let the floor support you.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

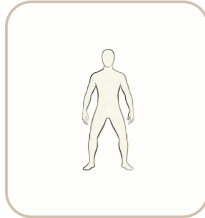
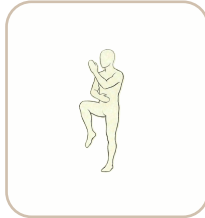
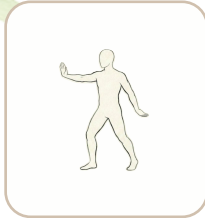
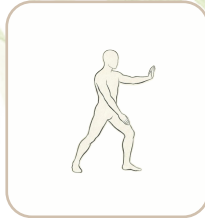
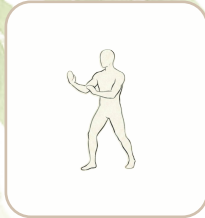
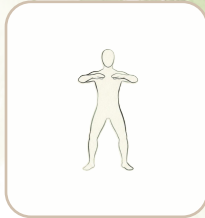
Today I noticed...

- Stepping back felt less hesitant
- I stayed upright more easily
- My body trusted the movement a little more
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Use support if needed and explore balance without pressure.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

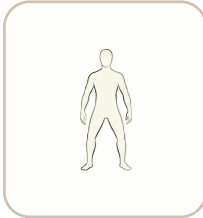
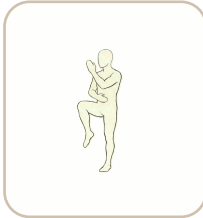
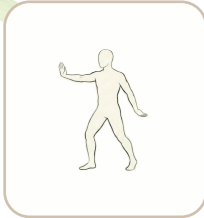
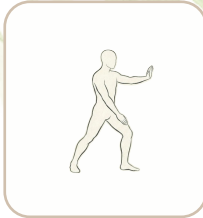
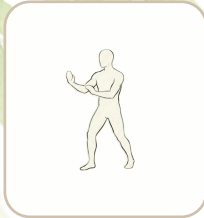
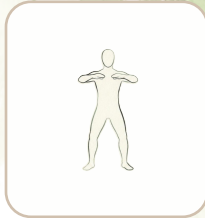
Today I noticed...

- Brief balance moments felt more possible
- Focus helped me steady myself
- I recovered balance more smoothly
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Let balance come from patience, not tension. Smaller is still successful.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

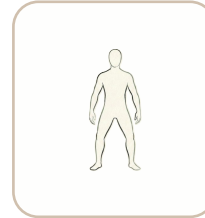
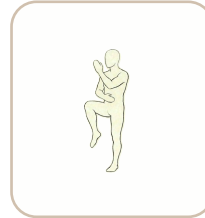
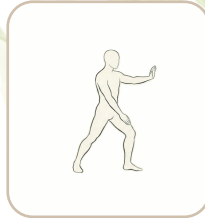
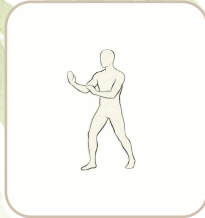
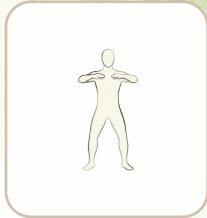
Today I noticed...

- Moving slowly helped my balance
- The full flow felt more stable
- I had fewer wobbly moments
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Golden Rooster Stands on One Leg (Adapted) → Closing Form



Today's Intention

Notice even the smallest sign of confidence. That is real progress.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Balance grows through repetition, not rushing. Use support without hesitation.

Week 2 Balance Confidence Score

Not yet

A few moments

Some days

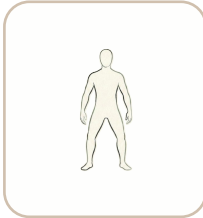
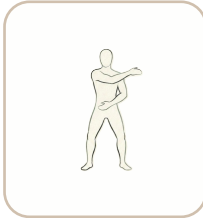
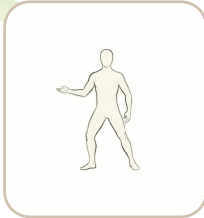
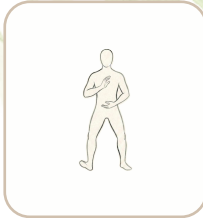
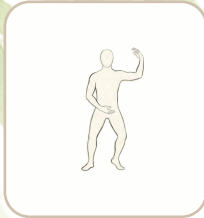
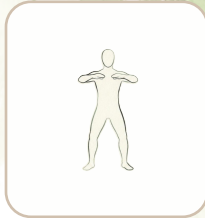
Often

Clearly yes

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

Create space through the chest, shoulders, and breath.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

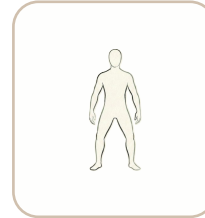
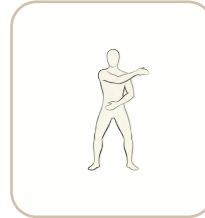
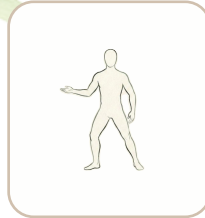
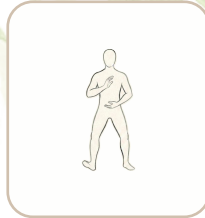
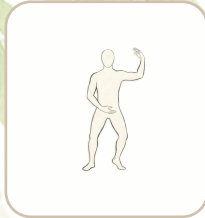
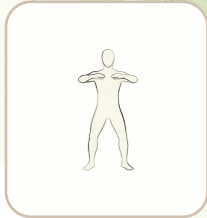
Today I noticed...

- My neck or shoulders softened sooner
- My chest opened more easily
- My body warmed into practice faster
- I showed up today

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

Hold the shape softly, as though you are cradling the movement.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

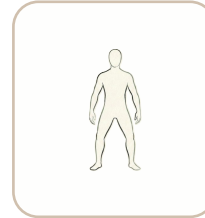
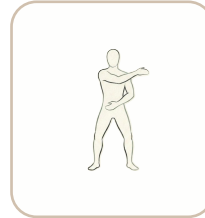
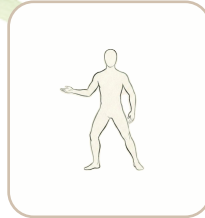
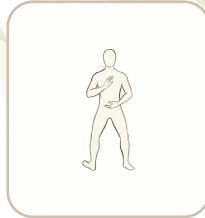
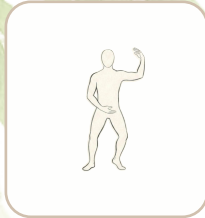
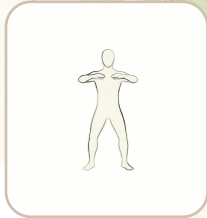
Today I noticed...

- My upper body felt less guarded
- My arms moved more freely
- Breathing felt easier as I moved
- I showed up today

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

Reach without straining and let the body follow naturally.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

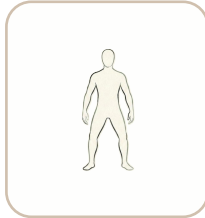
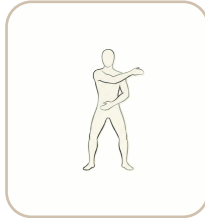
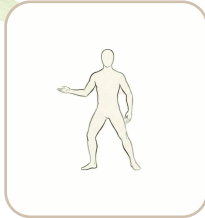
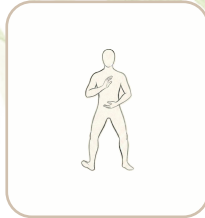
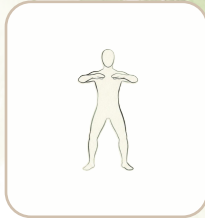
Today I noticed...

- Reaching felt smoother
- Twisting felt less stiff
- I had a little more space in my movement
- I showed up today

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

Move side to side with looseness, not force.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

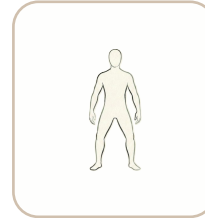
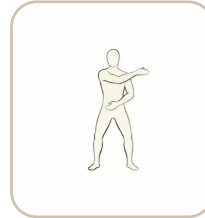
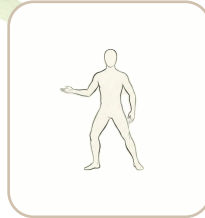
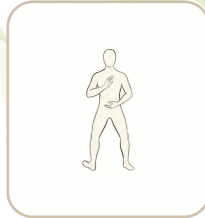
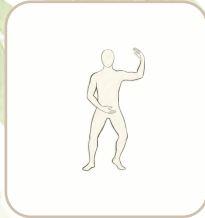
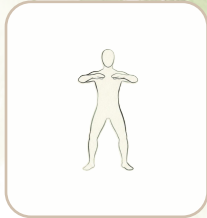
Today I noticed...

- Side-to-side movement felt freer
- My body followed the flow more easily
- My torso felt less tight
- I showed up today

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

A little more openness is enough for today. Ease matters.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

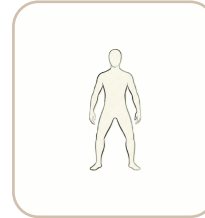
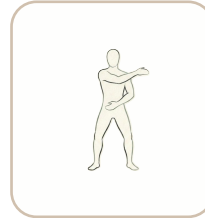
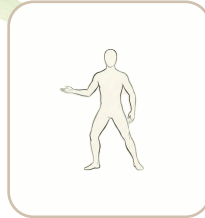
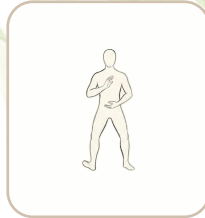
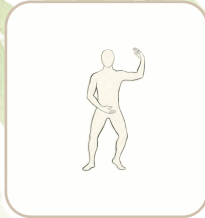
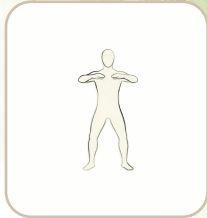
Today I noticed...

- Transitions felt easier
- My body loosened sooner
- Turning felt more natural
- I showed up today

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

Let the sequence flow and keep every joint unhurried.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

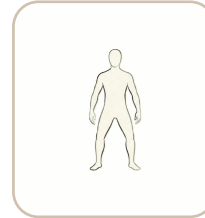
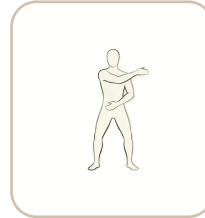
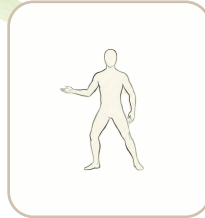
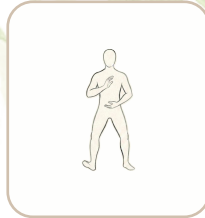
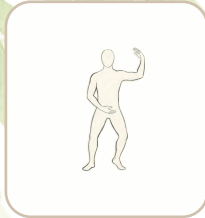
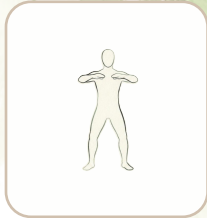
Today I noticed...

- The whole sequence felt smoother
- Stiffness faded faster
- I felt more ease by the end
- I showed up today

Date: _____

Today's Flow

Commencing Form → White Crane Spreads Its Wings → Playing the Lute → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Closing Form



Today's Intention

Repeat with ease and let stiffness unwind a little more.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Gentle range is enough. Ease matters more than depth or stretch.

Week 3 Ease & Flexibility Score

Not yet

A few moments

Some days

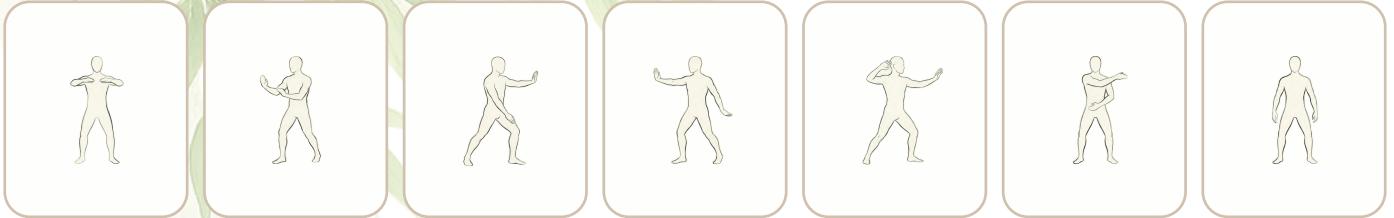
Often

Clearly yes

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

Strength begins with calm posture and steady feet.

How are you feeling today?

- Steady
- A little tired
- Stiff
- Calm
- Distracted
- Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

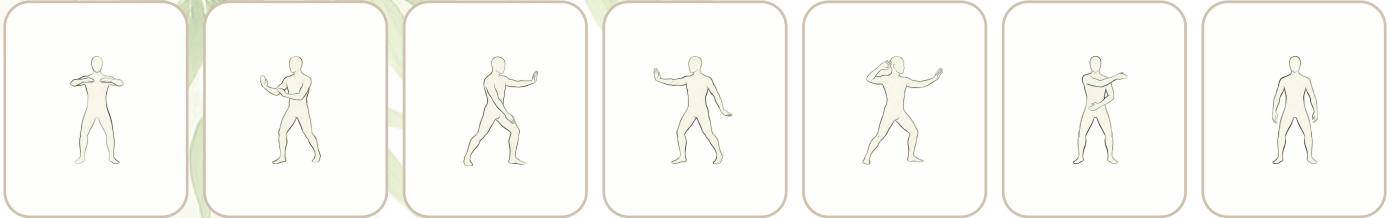
Today I noticed...

- Weight shifts felt stronger
- My legs supported me more
- I felt more control in the sequence
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

Push from the legs softly and let the upper body stay relaxed.

How are you feeling today?

- Steady
- A little tired
- Stiff
- Calm
- Distracted
- Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

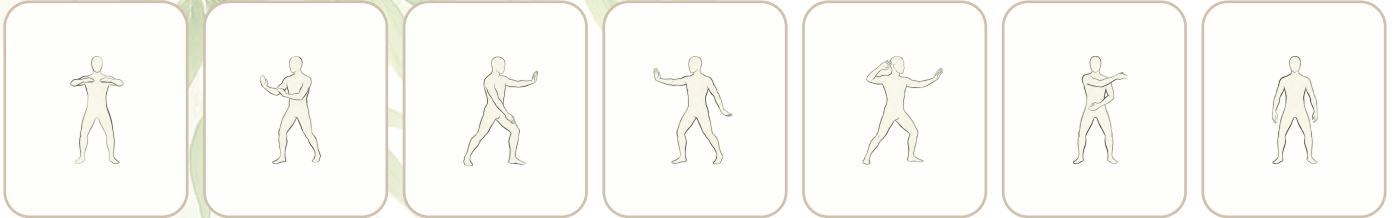
Today I noticed...

- My arms and legs coordinated better
- Pushing and reaching felt steadier
- Movement took a little less effort
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

Control the step back and trust your base.

How are you feeling today?

- Steady
- A little tired
- Stiff
- Calm
- Distracted
- Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

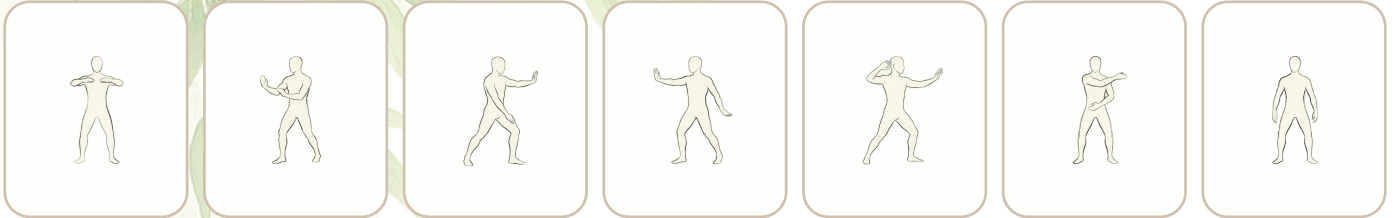
Today I noticed...

- Stepping back felt stronger
- I stayed upright more easily
- Moving backward felt more secure
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

Coordinate the arms and legs as one smooth action.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

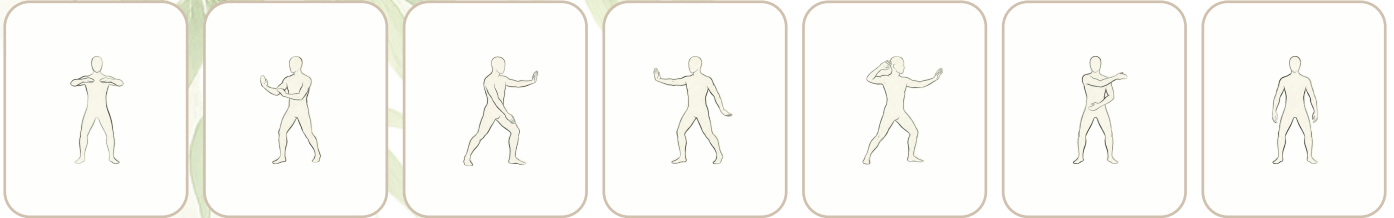
Today I noticed...

- Turning and reaching felt more coordinated
- My upper and lower body worked together better
- I felt more capable in the flow
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

Let strength feel flowing rather than hard.

How are you feeling today?

- Steady
- A little tired
- Stiff
- Calm
- Distracted
- Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

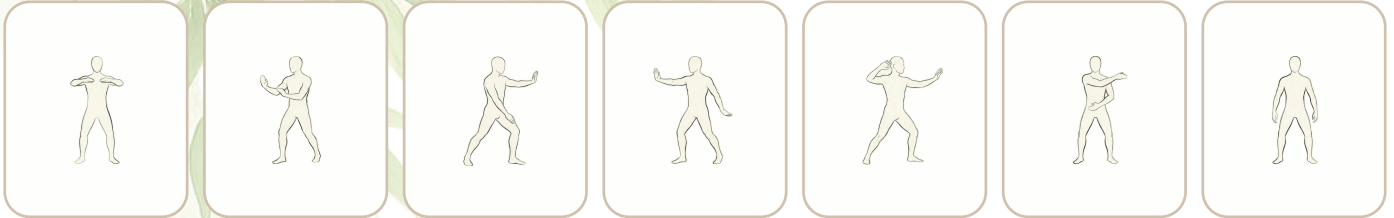
Today I noticed...

- The full routine required less effort
- The movements felt more connected
- I trusted my body a little more
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

Today you are practicing movements that support daily life.

How are you feeling today?

- Steady
- A little tired
- Stiff
- Calm
- Distracted
- Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

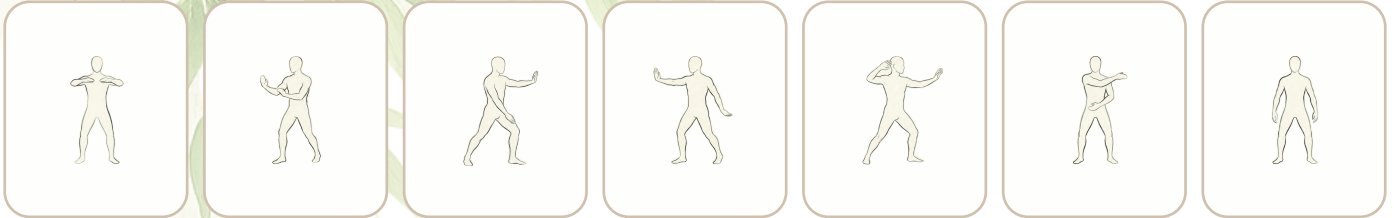
Today I noticed...

- The full sequence felt sustainable
- I felt less tired during practice
- I felt more confident for daily movement
- I showed up today

Date: _____

Today's Flow

Commencing Form → Grasp the Bird's Tail (Simplified) → Brush Knee and Push → Repulse Monkey → Fair Lady Works the Shuttles (Simplified) → Wave Hands Like Clouds → Closing Form



Today's Intention

This is your graduation flow - steady, capable, and repeatable.

How are you feeling today?

- Steady
- A little tired
- Stiff
- Calm
- Distracted
- Need support

After your practice:

What did you notice in your body today?

Gentle reminder: Strength here means daily life feels easier - standing, turning, reaching, and walking.

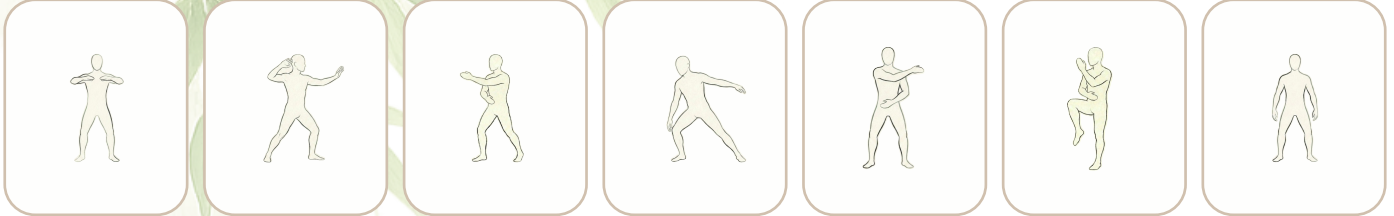
Week 4 Daily Movement Confidence Score

- Not yet
- A few moments
- Some days
- Often
- Clearly yes

Date: _____

Your Daily Life Flow

Commencing Form → Fair Lady Works the Shuttles → Fan Through the Back → Snake Creeps Down (Upright Adaptation) → Wave Hands Like Clouds → Golden Rooster Stands On One Leg → Closing Form



How to use this page

Use this sequence as your ongoing routine to support steadiness, strength, and confidence in everyday movement.

A few minutes is enough. Move smaller when needed.

How are you feeling today?

Steady

A little tired

Stiff

Calm

Distracted

Need support

After your practice:

What did you notice in your body today?

Gentle reminder: A chair or wall is always okay. Small movements count. Pause whenever you need to.

Today I noticed...

- I felt more capable in my body
- everyday movement felt more manageable
- I trusted myself more as I moved
- I showed up today

Date: _____