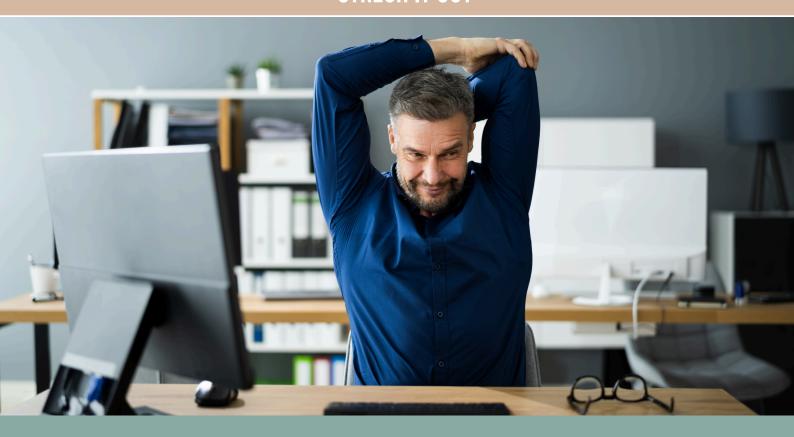
TAKE 15'S GOAL IS TO HELP ENCOURAGE POSITIVE MENTAL HEALTH IN THE WORKPLACE WITH A FOCUS ON MINDFULNESS, REMOVING THE STIGMA ASSOCIATED WITH MENTAL HEALTH, ENCOURAGING MORE CONVERSATION AND ENGAGEMENT WITH BOTH EMPLOYEES, CLIENTS AND CUSTOMERS.

DECEMBER STRECH IT OUT



STRETCHING OFFERS NUMEROUS BENEFITS FOR BOTH PHYSICAL AND MENTAL WELL-BEING. IT INCREASES FLEXIBILITY, WHICH CAN ENHANCE ATHLETIC PERFORMANCE AND REDUCE THE RISK OF INJURIES. REGULAR STRETCHING HELPS TO IMPROVE CIRCULATION, PROMOTING BETTER BLOOD FLOW TO THE MUSCLES AND AIDING IN RECOVERY AFTER EXERCISE. FURTHERMORE, STRETCHING CAN ALLEVIATE TENSION AND STRESS, CONTRIBUTING TO A SENSE OF RELAXATION AND IMPROVED MOOD. IT ALSO PLAYS A VITAL ROLE IN MAINTAINING PROPER POSTURE AND ALIGNMENT, WHICH IS ESSENTIAL FOR OVERALL BODY MECHANICS. INTEGRATING STRETCHING INTO YOUR DAILY ROUTINE CAN LEAD TO GREATER MOBILITY AND A MORE COMFORTABLE, ACTIVE LIFESTYLE.



LEARN SOME TAI CHI TECHNIQUES AND VISIT OUR RESTAURANT FOR CHAI TEA TASTERS PROVIDING A GENTLE ENERGY BOOST, WHILE THE WARM SPICES CAN HAVE A COMFORTING EFFECT, **ENHANCING OVERALL MOOD.**

Top 10 Tai Chi Moves (十大太极拳动作)

(1) Rising and Sinking (上升和下沉)



a. Stand tall, feet together, arms by side. - Start Pose



left so legs slightly wider than shoulders.



front to 90°-Inhale.



d. Arms at 90° with palms facing down.



e. Sink with slight knee bend. Exhale as arms float down. Lead with elbows.



f. Arms float down towards starting position, palms down -Exhaling.



g. Arms fully down with palms on thighs. Repeat moves c. to g. 5 times. Inhaling & Exhaling



a. Start Pose.



b. Widen stance with step to left to slightly wider than shoulders, left hand rests in right palm.



c. Open forearms. palms facing



d. Raise arms in circular sideways motion - Inhale



e. Continue until palms come together overhead.



f. Hands down centerline towards chest - Exhale



Repeat sequence b. to g. 5 times

(3) Withdraw and Push (撤回并推送)



a. Start Pose



b. Left foot back to left at 45°. Rotate torso slightly to right, arms float up - Inhale



c. Rotate upper body to right. Arms float up. - Inhaling.



d. Arms at 90°, weight to front with palms facing down. - Inhaling



e.Withdraw - Inhaling.



f. Forearms fully withdrawn. Palms facing out - Exhale.



g. Push forward Exhaling.



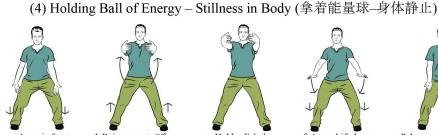
h. Withdraw to e. Hands to eyelevel - Inhale. Repeat e. to g. 3 times.

On final push forward to the left g., pivot on balls of feet to the right, body rotates 180 and pushes forward to mirror position so it now faces right. Repeat Withdraw and Push sequence (e. to h.) to the right 3 times. To close, pivot back to center, arms descend in front, collect legs, return back to Start Pose a

a. Start Pose.



b. Sidestep with one leg to open soft-knee



c. Arms in front,



d. Raise arms to 90°. Palms inwards, finger tips point at each other.



e. Hold - Exhale and Inhale slowly 5-6 times.



f. Arms drift down



g. Palms rest against thighs



h. Collect starting leg and return to Start Pose a.

(5) Chen Style Rising and Sinking (陈式起沉) - Rise Breathe In - Sink Breathe Out



a Start Pose



b. Sidestep with left leg to open stance, knees bent. Rise - Inhale



c. Arms float up to 90° asupper body rotates to left. as arms rise to 90°-Arms CCW Rise-Inhaling Inhaling



d. Continue rotation



e. Rotate back to center. Arms start to float down. - Exhale



f. Arms float down as hands move together. - Exhaling



g. Back to center as arms flow down -Repeat 2-3 times. CCW motion



h. Switch to CW motion as to 90°

i. Collect starting leg and return to Start Pose a.

Top 10 Tai Chi Moves (十大太极拳动作)

(6) Golden Rooster Stands on One Leg (金鸡站在一条腿上)





b. Step to the left. Turn upper body slightly to right while starting to raise arms - Inhale



c. Rotate upper body back to left, float arms up. Transfer partial weight to left foot.



d.Turn back to front facing. Sweep left arm down.



weight fully to right foot.



f. Lift left leg, Inhale. Raise left forearm so elbow over knee, right hand levels left elbow.



g. Drop left leg, - Exhale. Begin to float arms

down to side



h Left foot to left side.Center weight in wide stance



i. Lift right leg, Inhale, lift right forearm so elbow over knee, left hand levels right elbow.

From position i. lower right leg, send foot to right and center in wide stance (h.). Exhale and transfer weight fully to right leg (f). Repeat (f.) through (i.) back and forth 3 times. Complete back at Opening Start Pose (a.



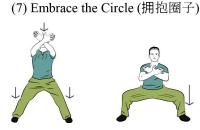
a. Start Pose.



b. Step wide to the left - Raise arms up and to the sides. - Inhale.



c. Continue raising arms until they begin to cross above head



d. Arms descend body centerline with wrists crossed in front.



e. Sink into Horse Stance breathe in and out slow and deep-5 breaths



f. Rise up from horse stance, closing left leg to right. Uncross wrists & arms in reverse.



a. Start Pose

(8) Ward Off and Press (小心并按)



a. Start Pose.



b. Send left leg back to left at ~45°. Turn upper body slightly to right, start to raise arms. Deflect Inhale



c. Turn upper body back to the left, continue to raise arms -Inhale. Arms cross



d. Extend left arm with palm facing upwards, push forward on to front foot -Exhale



e. Withdraw to back leg - Inhale, withdraw extended arm. other arm drops to



f. Press forward transferring repeat mirror more weight to sequence d.to front foot. Exhale.



to back leg. Extend right arm with palm up – Inhale.



i. Extend right arm fully and push body forward on to front foot. Other arm drops to side. - Exhale.



j. Transfer weight back to center while rotating to center position

Repeat sequence b. through i. - 3 to 5 times.

(9) Cloud Hands (云手)



a. Start Pose.



b. Turn upper body to right. sinkin in knees, left arm & leg.-Inhale



c. Left arm rises CCW in body to the circle, move left foot to



d. Turn upper left. Shift weight to left



e. Extend left forearm. Send right leg back at 45°. Move forearms in Right arm rises CW circlular motion.



f. Shift weight to back leg.



g. Move left foot and left leg towards open position. - Inhale



h. Shift weight i. Collect feet to left leg, turn and begin mirror to right leg, upper body, movement to right.- Inhale circular arm



j. Shift weight continue circular arm motions



right leg. Send left leg back at 45°, continue arm motion.



continue in

circle motion

motions Repeat b. through l. moving to theleft and back to the right 5 times. Complete by closing from position l into Start Position a.

a. Start Pose.



b. Turn upper body to left, sink in knees weight to right leg. Arms rise in counter clockwise motion. - Reeling the Silk. Inhale.



c. Turn right, raise right arm to 90. Right hand forms grasp with fingers & thumb. left foot to knee. -Exhale



d. Send left leg back at 45°. Turn upper body to the left. Left forearm rises in front, palm inwards.



e. Shift weight to left leg, open and extend left arm with soft elbow Deflect - Inhale.



Palm up

f. Withdraw g. Push forward to weight to front, extend left arm, to Single Whip. back leg. - Exhale Retract left forearm



h. Turn back to right. Sweep arms down CCW. Extend right arm, palm up then left. - Inhale.



i. Shift weight to left, Right forearm rises in front with palm inwards. Left hand forms grasp to side. - Exhale.



leg and raise

left knee

Repeat from d through j. in mirror position moving to right. Repeat left to right, 3 to 5 times. Complete by closing from position i. into Start Pose a.

