

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 STRETCH IT OUT

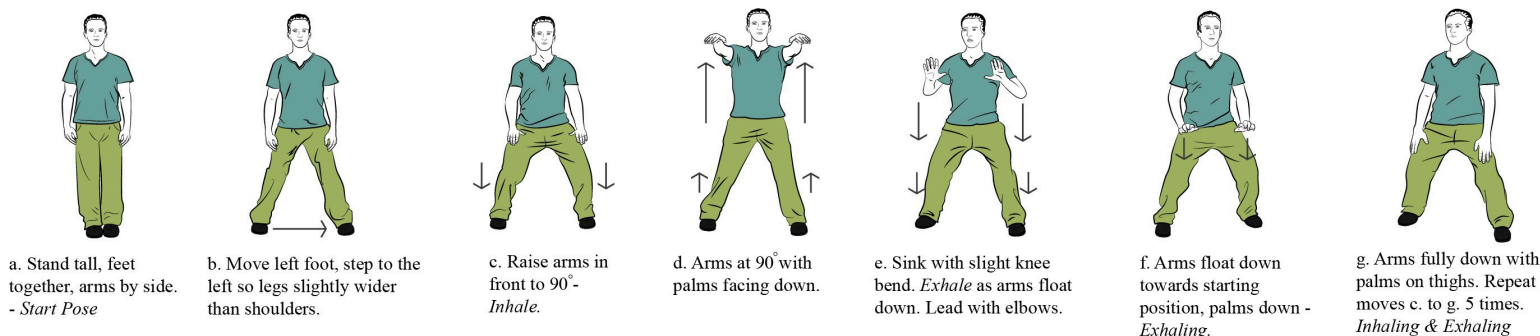


STRETCHING OFFERS NUMEROUS BENEFITS FOR BOTH PHYSICAL AND MENTAL WELL-BEING. IT INCREASES FLEXIBILITY, WHICH CAN ENHANCE ATHLETIC PERFORMANCE AND REDUCE THE RISK OF INJURIES. REGULAR STRETCHING HELPS TO IMPROVE CIRCULATION, PROMOTING BETTER BLOOD FLOW TO THE MUSCLES AND AIDING IN RECOVERY AFTER EXERCISE. 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.

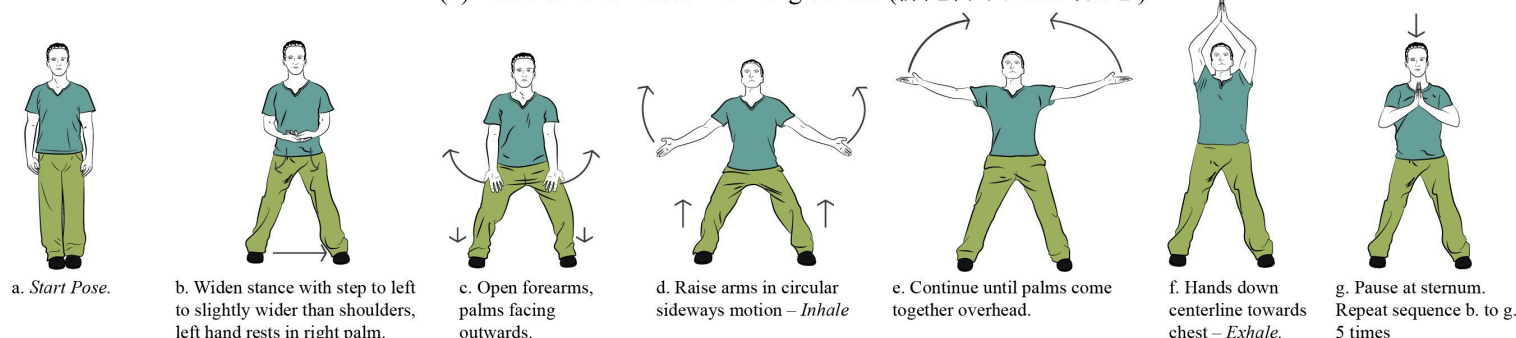
LEARN SOME TAI CHI TECHNIQUES AND VISIT OUR RESTAURANT FOR CHAI TEA TASTERS PROVIDING A GENTLE ENERGY BOOST, WHILE THE WARM SPICES CAN HAVE A COMFORTING EFFECT, ENHANCING OVERALL MOOD.

Top 10 Tai Chi Moves (十大太极拳动作)

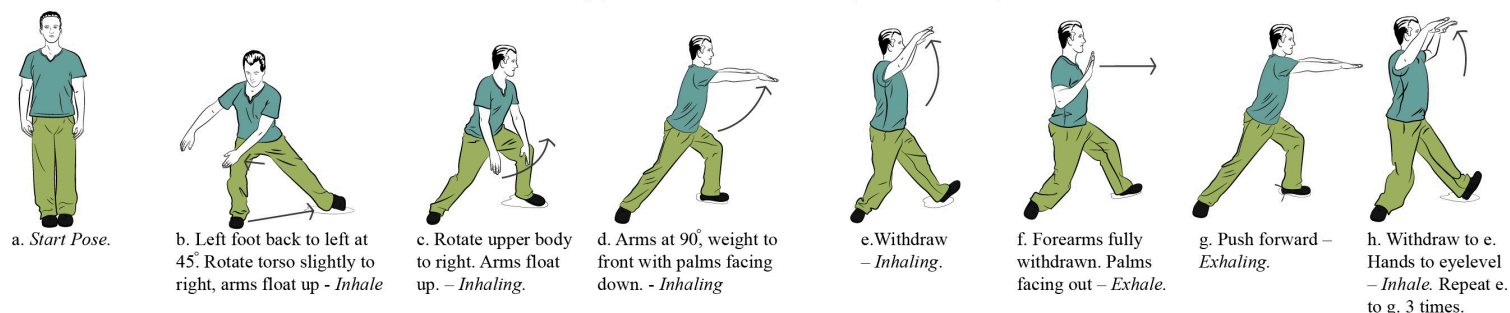
(1) Rising and Sinking (上升和下沉)



(2) Buddha Asks Heaven for Forgiveness (佛陀祈求天堂的宽恕)

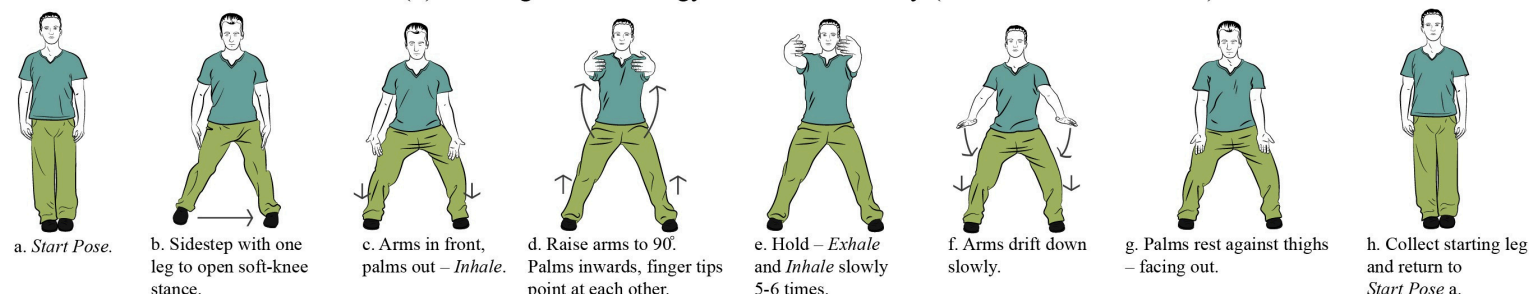


(3) Withdraw and Push (撤回并推送)

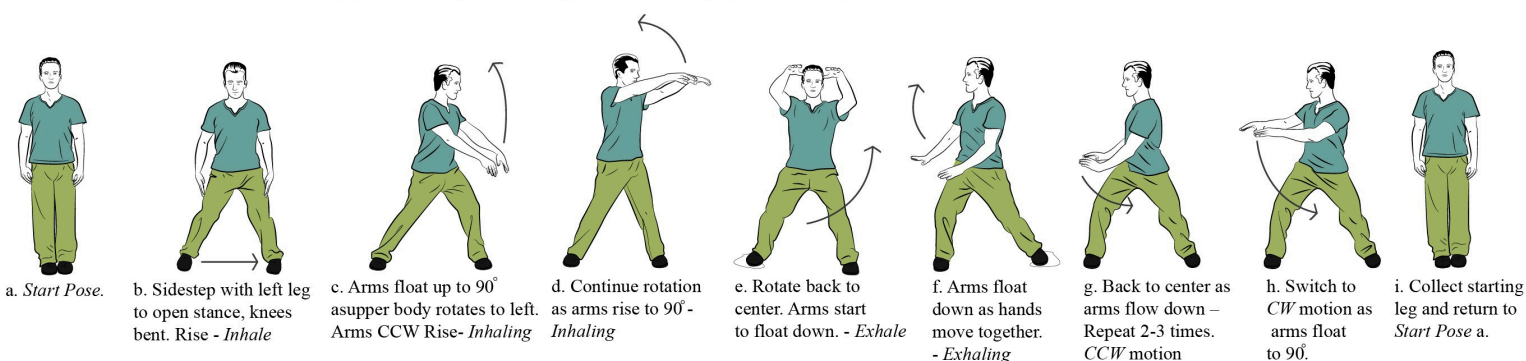


On final push forward to the left g., pivot on balls of feet to the right, body rotates 180° and pushes forward to mirror position so it now faces right. Repeat *Withdraw and Push* sequence (e. to h.) to the right 3 times. To close, pivot back to center, arms descend in front, collect legs, return back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

(4) Holding Ball of Energy – Stillness in Body (拿着能量球-身体静止)

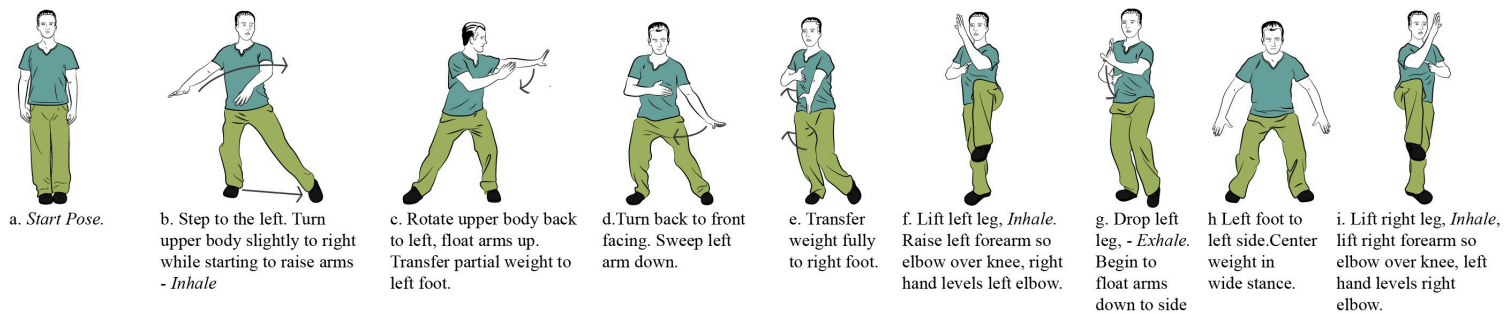


(5) Chen Style Rising and Sinking (陈式起沉) - Rise Breathe In - Sink Breathe Out



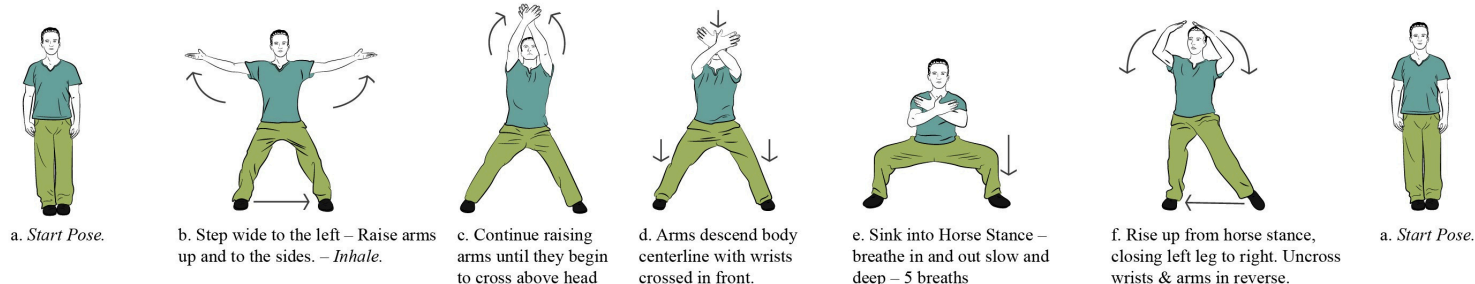
Note: CCW - counter clockwise. From h. repeat upper body and arms rotation c. though g. 2-3 times in opposite clockwise (CW) direction before closing in *Start Pose*.

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

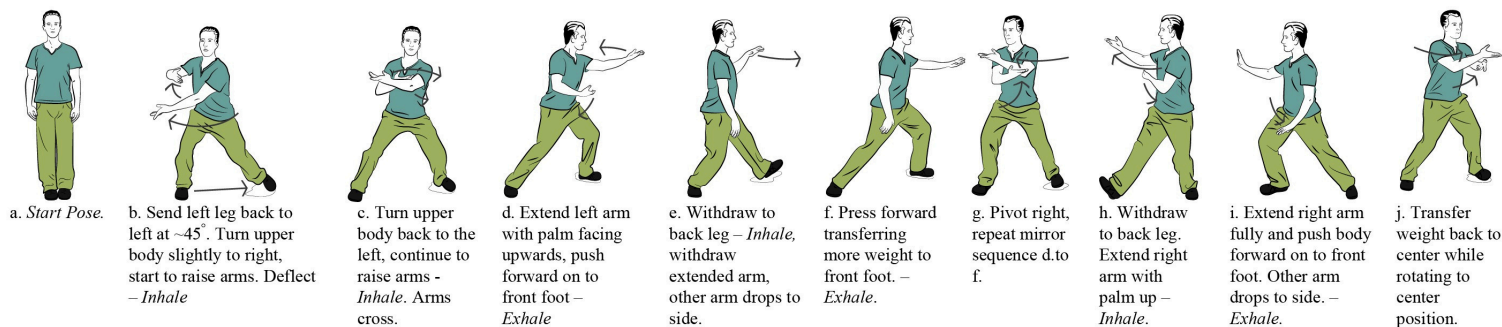


From position i. lower right leg, send foot to right and center in wide stance (h.). *Exhale* and transfer weight fully to right leg (f). Repeat (f.) through (i.) back and forth 3 times. Complete back at Opening Start Pose (a).

(7) Embrace the Circle (拥抱圈子)

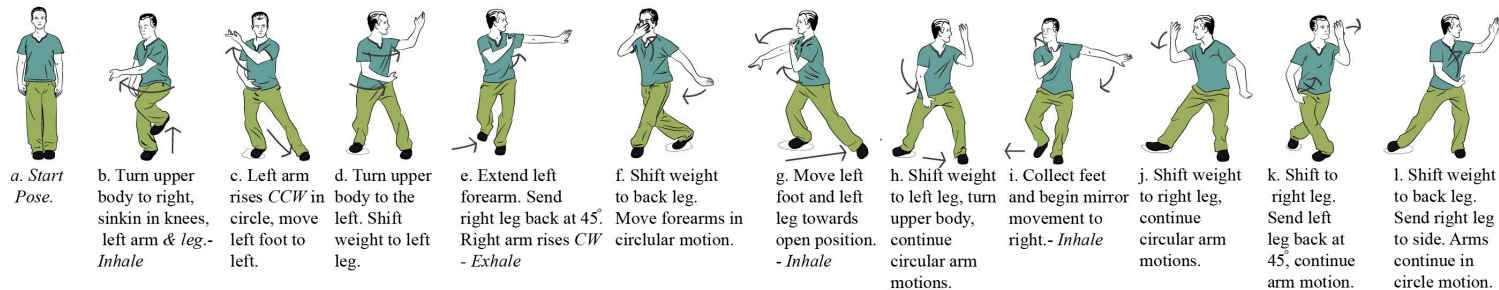


(8) Ward Off and Press (小心并接)



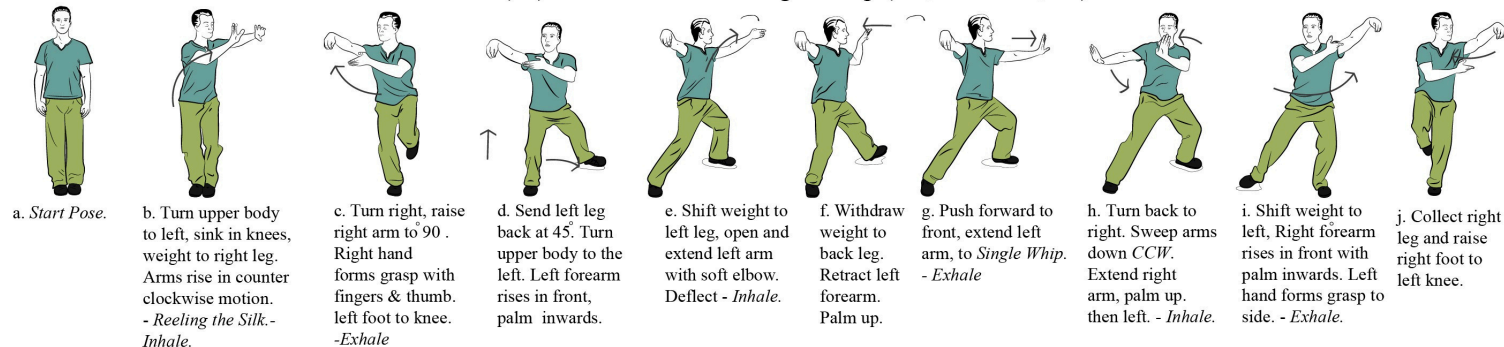
Repeat sequence b. through i. - 3 to 5 times.

(9) Cloud Hands (云手)



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

(10) Reel the Silk and Single Whip (盘绕真丝和单鞭)



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.