



YOUR FREE GUIDE

3-Minute Morning Tai Chi Practice

A gentle three-minute morning practice to help you settle, move and begin the day with calm attention.



4 SIMPLE MOVEMENTS | BEGINNER FRIENDLY

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**BEGIN HERE**

Three minutes is enough

A small practice is easier to repeat - and regular practice matters more than a perfect session.

Tai Chi uses slow, controlled movement, relaxed posture and focused attention. You do not need to be flexible or experienced. You only need a safe place to stand and a few quiet minutes.

HOW TO USE THIS GUIDE**1****Move slowly**

Use a comfortable range. Nothing should be forced.

2**Breathe naturally**

Let the breath remain quiet and easy.

3**Practise regularly**

Three minutes most days is a useful beginning.

SAFETY

If you feel pain, dizziness or unsteadiness, stop. Use a chair or bench for support if needed, and seek health advice if you are unsure whether Tai Chi is suitable for you.

FOUNDATIONS

Stand with ease

Use these cues as a simple check-in, not a rigid position.

FEET

Comfortable width, with the whole foot resting on the floor.

KNEES

Soft and aligned with the feet - never locked or forced deeply.

TORSO

Upright and relaxed. Avoid leaning or puffing the chest.

HEAD

Imagine the crown gently lifting; keep the chin naturally level.

SHOULDERS

Let them settle. Allow the elbows and hands to hang easily.



BREATHE WITHOUT FORCING

Breathe quietly through the nose if comfortable. Let the abdomen remain soft. Do not hold the breath or try to make it unusually deep. If matching breath and movement feels awkward, keep breathing naturally.

MOVEMENT 01

Arrive and Settle

Centre | about 30 seconds

PURPOSE

Pause, feel the floor beneath you and bring your attention to the present moment.

- 1 Stand comfortably with your arms resting by your sides.
- 2 Soften the knees and let the shoulders drop.
- 3 Notice the contact of both feet with the floor.
- 4 Take three or four easy breaths without changing them.

**BREATH**

Quiet, natural breathing. Allow the exhale to finish without pushing it.

KEEP IT COMFORTABLE

Keep your eyes open if closing them affects your balance.

MOVEMENT 02

Raise and Lower

Gather | about 45 seconds

PURPOSE

Introduce a gentle whole-body rise and fall while keeping the shoulders relaxed.

- 1 As you breathe in, float both hands forward toward shoulder height.
- 2 Keep the elbows soft and the shoulders low.
- 3 As you breathe out, lower the hands and soften the knees slightly.
- 4 Repeat slowly three to five times.

**BREATH**

If comfortable, breathe in as the hands rise and out as they lower. Natural breathing is also fine.

KEEP IT COMFORTABLE

Raise the arms only as high as comfortable. The knees bend a little - this is not a squat.

MOVEMENT 03

Open and Gather

Expand | about 45 seconds

PURPOSE

Gently open across the upper body, then return to a centred position.

- 1 Bring the hands in front of the chest, palms facing each other.
- 2 Open the arms outward within a comfortable range.
- 3 Keep the chest soft and the elbows slightly bent.
- 4 Bring the hands back toward each other. Repeat three or four times.

**BREATH**

Breathe in while opening and out while gathering, only if that feels easy.

KEEP IT COMFORTABLE

Do not pull the arms behind the body. Keep the neck, jaw and shoulders relaxed.

MOVEMENT 04

Settle and Finish

Return | about 30 seconds

PURPOSE

End with stillness so you can notice the effect of the practice before moving on.

- 1 Rest one hand lightly over the other in front of the lower abdomen.
- 2 Let your weight settle evenly through both feet.
- 3 Take one or two quiet breaths.
- 4 Lower the arms and pause. Notice how you feel.

**BREATH**

Let the breath remain unhurried. There is no need to make the exhale longer.

KEEP IT COMFORTABLE

Avoid pressing on the abdomen. If standing is tiring, complete the closing while seated.



MAKE IT YOURS

Keep the flow going

You have completed a simple Tai Chi-inspired morning practice. Repetition will make it feel more natural.

Attach it to something

Practise after waking, before breakfast or while the kettle boils.

Keep the minimum small

One careful round still counts on a busy day.

Notice, do not judge

Pay attention to balance, tension and breathing without chasing perfection.

YOUR NEXT STEP

Build strong foundations

Explore the Shang Tai Chi Foundation pathway: clear lessons in posture, balance, weight transfer, relaxed movement and everyday Micro Tai Chi.

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