

# Capacitar Tai Chi

Rocking	Lift heels, up with arms Lift toes, down with arms	Giving and receiving energy
Circle of Light	Hands facing down, tracing circle, rock back/forth on feet	Bring energy, Balance
Globe of Light	Form globe of light, toss	Joyfulness , gratitude, giving/receiving
Shower of Light	Palms facing each other, waist level, move hands over head and down showering light	Renew/cleanse
Wise Being	Hand crossing in sweeping motion at eye level	Honor the wise being all, feel gratitude, love and respect
Offering	Hands up, waist level, bring up and sweep outward at forehead.	Receive and give fullness, Interconnectedness /compassion
Let go/ Open to receive	Hands down—push, Hands up—pull back	Breath in goodness breath out pain/anger
Ask/ Receive	Hands palms up at waist level, move out in circle	Ask for what you need, open to abundance
Fly thru Air	Move you arms in a flying/ swimming motion	Emotional freedom, overcoming, open to possibilities
Passing clouds	Hands and arms alternate floating before eyes	Problems come and go like passing clouds, become grounded in larger context
Open to receive	Bring hands and arms over head. Then form globe of energy over crown, moving hands in/out	Open and fill with abundance and gratitude
Dedication	Hands at sides of head move hands in/out	Dedicate mind voice and heart
Window of Eternity	Heel of L foot on R inner ankle, interlace hands and elevate to just below eye level	Connect with past, present and future
Namaste	Palms together over heart, bow	The spirit in you that is the spirit in me and we are truly one