



0 <u>Welcome Video</u>	1 <u>[Tai Chi] Foundations of Strength</u> <u>[Exercise] Mini-Squat</u>	2 <u>[Tai Chi] Strengthening Joints</u> <u>[Exercise] Shoulder Press</u>	3 <u>[Tai Chi] Cultivating Inner Strength</u> <u>[Exercise] Heel Raises</u>	4 <u>[Tai Chi] Easing Tension</u> <u>[Exercise] Wall Pushup</u>	5 <u>[Tai Chi] Enhancing Mental Clarity</u> <u>[Exercise] Bird Dogs</u>	6 <u>[Tai Chi] Achieving Strength Safely</u> <u>[Exercise] Ab Squeezes</u>
7 <u>[Tai Chi] Strengthening the Breath</u> <u>[Exercise] Biceps Curls</u>	8 <u>[Tai Chi] Building Resilience</u> <u>[Exercise] Triceps Kickbacks</u>	9 <u>[Tai Chi] Grounding Strength</u> <u>[Exercise] Knee Extensions</u>	10 <u>[Tai Chi] Effortless Strength</u> <u>[Exercise] Hamstring Curls</u>	11 <u>[Tai Chi] Release and Renew</u> <u>[Exercise] Leg Side Raises</u>	12 <u>[Tai Chi] Emotional Strength</u> <u>[Exercise] Leg Extensions</u>	13 <u>[Tai Chi] Rediscover Your Power</u> <u>[Exercise] Shoulder Side Raises</u>
14 <u>[Tai Chi] Cultivating Wisdom</u> <u>[Exercise] Shoulder Front Raises</u>	15 <u>[Tai Chi] Tai Chi for Peace</u> <u>[Exercise] Shoulder Extensions</u>	16 <u>[Tai Chi] Practicing Self-Compassion</u> <u>[Exercise] Bent Over Rows</u>	17 <u>[Tai Chi] Flow with the Seasons</u> <u>[Exercise] Shoulder External Rotation</u>	18 <u>[Tai Chi] Tai Chi for Cognitive Strength</u> <u>[Exercise] Shoulder Internal Rotation</u>	19 <u>[Tai Chi] Breathing Away Stress</u> <u>[Exercise] Shoulder Height External Rotation</u>	20 <u>[Tai Chi] The Art of Slowing Down</u> <u>[Exercise] Wall Slides</u>
21 <u>[Tai Chi] Tai Chi and Community</u> <u>[Exercise] Full Squat</u>	22 <u>[Tai Chi] Physical Wellness</u> <u>[Exercise] Step-Ups Forward</u>	23 <u>[Tai Chi] Embracing Change</u> <u>[Exercise] Step-Ups Sideways</u>	24 <u>[Tai Chi] Mental Nourishment</u> <u>[Exercise] Side Stepping</u>	25 <u>[Tai Chi] Tai Chi for Better Sleep</u> <u>[Exercise] Single Leg Stance</u>	26 <u>[Tai Chi] Conquer Your Fears</u> <u>[Exercise] Tandem Stance</u>	27 <u>[Tai Chi] Tai Chi for Social Well-Being</u> <u>[Exercise] Tandem Walking</u>
28 <u>[Tai Chi] Acceptance and Liberation</u> <u>[Exercise] Side Lunge</u>	29 <u>[Tai Chi] A Moment of Reflection</u> <u>[Exercise] Bowler Squat</u>	30 <u>[Tai Chi] The Path to Lifelong Strength</u> <u>[Exercise] Single Leg Step-Up</u>				