

# Week 1

## Fall Session

### September 10<sup>th</sup>, 2024

#### Introduction (Seated)

1. Difference Between QiGong and Tai Chi
2. Founders of Reflections of Life (Previously Named Green Renaissance)
3. The World Needs Music
4. Music and Nature have Always Been Together
5. Live an Interesting Creative Life

#### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Breathing Space
  - ii. Rolling the Ball

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- In It Together
- <https://youtu.be/Qhm3ecPlvNo>

#### Meditation

- Guided deep relaxation
- Awake

# Week 2

## Fall Session

### September 17<sup>th</sup>, 2024

#### Basics

1. You Are Good Enough
2. Be Who You Really Are
3. Ignore Stereotypes
4. Stop Caring About What Other People Think
5. Accept Yourself as You Are

#### Training

##### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Review – Breathing Space
  - ii. Review – Rolling the Ball
  - iii. **Rhino Looks to the Moon**
  - iv. **Raise Arms to Pluck Fruit**

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- A Real Man
- <https://youtu.be/tfOPzOYiYiE>

#### Meditation

- Guided deep relaxation
- Awake

# Week 3

## Fall Session

### September 24<sup>th</sup>, 2024

#### Basics

1. Finding Light at the End of the Tunnel
2. There's Always Hope
3. Earth Angels come in Different Shapes and Sizes
4. Finding Life's Miracle
5. Animals Choose You

#### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Review – Breathing Space
  - ii. Review – Rolling the Ball
  - iii. Review – Rhino Looks to the Moon
  - iv. Review – Raise Arms to Pluck Fruit
  - v. **Lotus Sways in the Wind**

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- The Three Legged Dog that Saved My Life
- [https://youtu.be/t\\_9aBhWXRIY](https://youtu.be/t_9aBhWXRIY)

#### Meditation

- Guided deep relaxation
- Awake

# Week 4

## Fall Session

### October 1<sup>st</sup>, 2024

#### Basics

1. Purpose in Creating Art
2. Finding Beauty in Imperfection
3. Struggles in Life are Part of our Journey
4. You are Strong, You are a Survivor
5. Don't Be Afraid to Make Mistakes

#### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Review – Breathing Space
  - ii. Review – Rolling the Ball
  - iii. Review – Rhino Looks to the Moon
  - iv. Review – Raise Arms to Pluck Fruit
  - v. Review – Lotus Sways in the Wind
  - vi. **Pushing the Stone Tablet**

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- Broken Can Be Beautiful
- [https://youtu.be/FV4hq\\_gdNhQ](https://youtu.be/FV4hq_gdNhQ)

#### Meditation

- Guided deep relaxation
- Awake

# Week 5

## Fall Session

### October 8<sup>th</sup>, 2024

#### Basics

1. Never Give Up
2. Life's Journey can Be Difficult
3. Don't Take Things For Granted
4. Appreciate Life's Blessings
5. Human Kindness does Exist

#### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Review – Breathing Space
  - ii. Review – Rolling the Ball
  - iii. Review – Rhino Looks to the Moon
  - iv. Review – Raise Arms to Pluck Fruit
  - v. Review – Lotus Sways in the Wind
  - vi. Review – Pushing the Stone Tablet
  - vii. **Waving the Hands like Clouds**

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- On the Road
- <https://youtu.be/AWJpNw4gBOk>

#### Meditation

- Guided deep relaxation
- Awake

# Week 6

## Fall Session

### October 15<sup>th</sup>, 2024

#### Basics

1. This World has a lot to Offer
2. Learn From Different Cultures
3. Expand Your Horizons
4. Seize the Day
5. Appreciate Every Little Moment

#### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Review – Breathing Space
  - ii. Review – Rolling the Ball
  - iii. Review – Rhino Looks to the Moon
  - iv. Review – Raise Arms to Pluck Fruit
  - v. Review – Lotus Sways in the Wind
  - vi. Review – Pushing the Stone Tablet
  - vii. Review – Waving the Hands like Clouds
  - viii. **Embrace the Moon**

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- The Last Great Adventure
- <https://youtu.be/NpmZuMwPicw>

#### Meditation

- Guided deep relaxation
- Awake

# Week 7

## Fall Session

### October 22<sup>nd</sup>, 2024

#### Basics

1. Lessons from Life's Storms
2. Grow from Grief and Pain
3. Focus on the Present not the Past
4. Carry your Loved Ones in your Heart and Your Soul
5. Simple Living, Less is More

#### QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Gentle Tai Chi and Qi Gong (By [LEAP Service](#))
  - i. Review – Breathing Space
  - ii. Review – Rolling the Ball
  - iii. Review – Rhino Looks to the Moon
  - iv. Review – Raise Arms to Pluck Fruit
  - v. Review – Lotus Sways in the Wind
  - vi. Review – Pushing the Stone Tablet
  - vii. Review – Waving the Hands like Clouds
  - viii. Review – Embrace the Moon
  - ix. **Parting the Wild Horse's Mane**

#### Reflection

##### Reflections of Life (<https://reflectionsof.life>)

- Tiny Home on Wheels - VanLife on a Small Island
- [https://youtu.be/k33r9\\_MSE5c](https://youtu.be/k33r9_MSE5c)

#### Meditation

- Guided deep relaxation
- Awake