

## **Tai Chi with Pauline Wood**

### **Lesson 21**

Welcome to this week's Tai Chi lesson.

In this lesson, we will focus on slow controlled breathing awareness.

This may help with slowing down breathing, reducing stress, relaxing, and being in the present.

**This week's program includes:**

Qigong 9 Movements and Tai Chi for Arthritis (6 basic movements)