

Walking Tai Chi After 50

Gentle Movement for Balance, Mobility & Wellness

Illustrated Beginner Edition

WALKING TAI CHI

— *After 50* —

A GENTLE, STEP-BY-STEP GUIDE TO BETTER BALANCE,
MORE ENERGY, AND EVERYDAY WELLNESS



9 MOVEMENTS
30 DAYS
A LIFETIME OF
BENEFITS

 IMPROVE
BALANCE

 BOOST
ENERGY

 REDUCE
STRESS

 SUPPORT
WELLNESS



GENTLE MOVEMENT. BETTER HEALTH. MORE JOY.

— SIMPLE PRACTICE • POWERFUL RESULTS —

Move slowly. Breathe naturally. Practice comfortably.

Important Note

This guide is for educational and informational purposes only and is not medical advice. Always consult your healthcare provider before beginning a new exercise program, especially if you have existing medical conditions, balance concerns, injuries, pain, or mobility limitations.

Introduction

Walking Tai Chi is a gentle, beginner-friendly way to practice slow movement, posture, balance, breathing, and coordination. This illustrated edition was created for adults over 50 who want a simple, low-impact routine that is easy to follow and easy to print.

Before You Begin

- Wear comfortable clothing and supportive shoes.
 - Practice on a flat, safe surface.
 - Keep your movements slow and controlled.
 - Use a chair or wall for support if needed.
 - Stop if you feel pain, dizziness, or discomfort.
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30-Day Beginner Plan

Week 1

Practice Wu Ji Standing and Tai Chi Walking for 5–10 minutes. Focus on posture, breathing, and slow movement.

Week 2

Add Cloud Hands and Opening the Chest. Practice 15–20 minutes. Focus on flow and coordination.

Week 3

Add Brush Knee Step and Golden Rooster. Practice 20–25 minutes. Focus on balance and leg control.

Week 4

Complete the full beginner sequence. Practice 25–30 minutes. Move slowly and comfortably.

Gentle Weight-Loss Support

Walking Tai Chi is not a rapid weight-loss program. Its strength is consistency. Gentle movement can help reduce sedentary habits, support mobility, improve walking confidence, and make daily activity feel more achievable.

MOVEMENT

1

WU JI STANDING

The Starting Position

The foundation of all Tai Chi practice.
A moment to center your body and mind.



HOW TO DO IT

- 1 Stand with feet about shoulder-width apart.
- 2 Knees soft, not locked.
- 3 Relax your shoulders and let your arms hang naturally.
- 4 Lengthen the top of your head upward.
- 5 Breathe naturally and relax.



BENEFITS

- Improves posture
- Calms the mind
- Builds body awareness
- Prepares you for movement
- Supports balance and stability



MOVE GENTLY • BREATHE NATURALLY • STAY RELAXED • ENJOY THE PROCESS

Continue Your Tai Chi Journey

Thank you for exploring this preview of Walking Tai Chi After 50.

The complete illustrated guide includes the full beginner sequence, additional movements, breathing exercises, balance-focused routines, chair-assisted options, and the complete 30-day beginner practice plan.

Designed specifically for adults over 50, this guide focuses on calm movement, gentle progress, mobility, balance, relaxation, and approachable daily wellness.

Move slowly. Breathe naturally. Enjoy the process.

Get the full guide at:

[MildlyUseful.co](https://mildlyuseful.co)