

Tai Chi Qigong Shibashi Set 2



Workbook

TRACEY LINDSAY

Tai Chi Qigong
Shibashi Set 2
Workbook

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Tracey@taichiandlemons.com

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Cover Design: Daniel Lindsay

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My Shibashi Set 2

Workbook



NAME: _____

DATE: _____



Let the rhythm of your practice be the
heartbeat of your journey towards health
and harmony

Notes pages
for
Exercises 1 - 18

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This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.



This image shows a full page of primary-ruled paper. It features approximately 28 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice. The paper is otherwise blank, with no margins, text, or other markings.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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This image shows a full page of a document template. It consists of approximately 30 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting or typing. The background is plain white, and there are no margins, headers, or footers visible.



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Four Weeks of
Reflections -
To
Build a Strong
Foundation

Daily Reflections

Day/Date:

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Duration of Practice

Mental & Emotional State Before and After Practice
(e.g *Calm, Anxious, Focused*)

● Mindset Before

● Mindset After

Physical & Energy Sensations

Body Awareness:

Qi Sensation:

Breathng Quality:

Calm Mind:

Movement Flow:

Reflective Insights, Exploring the Impact of Today’s Practice



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Tai Chi
Principle
Wuji
Posture

Notes

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Tai Chi
Principle
Quiet and Calm
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Body Awareness:

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Movement Flow:

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Tai Chi

Principle

Relaxation

ROBERT A BURTON

Notes

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small gaps between them. There are no margins, text, or other markings on the page.

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Tai Chi Principle Flow

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Body Awareness:

Qi Sensation:

Breathng Quality:

Calm Mind:

Movement Flow:

Reflective Insights, Exploring the Impact of Today’s Practice



Daily Reflections

Day/Date:

Focus or Intention For Practice:

Duration of Practice

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(e.g Calm, Anxious, Focused)

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