全球银龄学院

Global Academy of Lifelong Learning

Gentle Tai Chi & Chair Yoga

温和太极与椅子瑜伽

A Self-Study Course in 8 Lessons

8 节自学课程



全球银龄学院 / Global Academy of Lifelong Learning

Welcome / 欢迎

This course teaches gentle tai chi and chair yoga step by step, at your own pace, in your own home. Every movement is slow and small. Every standing movement has a seated or chair-supported alternative. There is no rush, no test of flexibility, and no need for any experience. You only need a sturdy chair, comfortable clothes, and a little space.

本课程将一步一步地教您温和太极与椅子瑜伽，您可以在家中按自己的节奏学习。每一个动作都是缓慢而轻柔的。每一个站立动作都有坐姿或扶椅的替代做法。不需要赶时间，不考验柔韧性，也不需要任何基础。您只需要一把结实的椅子、舒适的衣服和一点空间。

Please read first / 请先阅读： This course is general education and gentle exercise instruction only. It is not medical advice. Please check with your doctor or physical therapist before starting new movement practice, especially after surgery, a fall, or if you have conditions affecting balance, joints, or blood pressure. Stop any movement that causes pain, dizziness, or shortness of breath, and rest. If a symptom worries you, contact your doctor.

本课程仅为一般教育和温和运动指导，不是医疗建议。在开始新的运动练习之前，特别是在手术、跌倒之后，或患有影响平衡、关节或血压的疾病时，请先咨询医生或理疗师。任何引起疼痛、头晕或气短的动作请立即停止并休息。如有令您担忧的症状，请联系医生。

How to Use This Course / 如何使用本课程

Work through one lesson at a time. Each lesson takes about 60 minutes, but you may split it into shorter sessions. Read the goal, follow the steps slowly, try the practice activity, and finish with the short quiz. The quiz answers are at the end of each lesson — grade yourself, and do not worry about a perfect score. At the end of the course you will find a progress checklist and a blank daily practice plan.

请一次学习一课。每课约 60 分钟，但您也可以分成几次较短的时间完成。先读学习目标，慢慢跟随步骤练习，完成实践活动，最后做小测验。每课末尾都附有答案——请自己评分，不必追求满分。课程最后有学习进度表和一份空白的每日练习计划表。

Safety basics for every lesson / 每课的安全要点： Practice on a flat, non-slippery floor. Keep a sturdy chair nearby for support. Wear flat, closed shoes or non-slip socks. Drink water. Never force a stretch. Breathe normally — never hold your breath.

每课的安全要点： 请在平坦、防滑的地面上练习。身边放一把结实的椅子以便扶靠。穿平底包头鞋或防滑袜。注意喝水。不要勉强拉伸。保持正常呼吸——不要憋气。

Lesson 1: Moving Gently — What Tai Chi and Chair Yoga Are, and How They Help

第 1 课：轻柔地动起来——太极与椅子瑜伽是什么，有什么好处

> **Goal / 学习目标：** By the end of this lesson, you can explain in your own words what tai chi and chair yoga are, and name three ways gentle movement can help daily life.
>
> 学完本课，您能用自己的话说出太极与椅子瑜伽是什么，并说出轻柔运动对日常生活的三点好处。

What are tai chi and chair yoga? / 太极与椅子瑜伽是什么?

Tai chi is a traditional Chinese practice of slow, flowing movements joined together like a quiet dance. It began in China many centuries ago as a way to build strength, balance, and calm focus. The movements are round and continuous — one movement flows into the next, and the body stays relaxed.

太极是中国传统的缓慢连贯的运动方式，像一支安静的舞蹈。它起源于几百年前的中国，旨在增强力量、平衡和专注。动作圆润连贯，一个动作自然地接上下一个动作，身体保持放松。

Chair yoga adapts gentle yoga stretches and breathing to a chair. You sit on a sturdy chair, or stand holding it for support. The chair gives you balance and confidence, so you can stretch and strengthen safely without getting down on the floor.

椅子瑜伽是把温和的瑜伽拉伸和呼吸练习搬到椅子上。您可以坐在结实的椅子上练习，也可以站着扶椅练习。椅子给您平衡和信心，让您可以安全地拉伸和锻炼，而不需要坐在地板上。

Together, they make a gentle pair: tai chi teaches flowing balance, and chair yoga teaches stretching and strength. Both teach slow breathing, which helps the body relax.

两者结合，温和互补：太极教会流动的平衡，椅子瑜伽教会拉伸和力量。两者都讲究缓慢呼吸，有助于身体放松。

How gentle movement helps daily life / 轻柔运动对日常生活的帮助

1. **Steadier steps / 走路更稳：** Slow weight-shifting practice trains balance, which helps with walking, turning, and standing up.
   缓慢的重心转移练习可以训练平衡，有助于行走、转身和起身。
2. **Looser joints / 关节更灵活：** Gentle stretches keep the neck, shoulders, back, hips, and knees moving comfortably.
   温和的拉伸让颈、肩、背、髋和膝盖活动更自如。
3. **Calmer mind / 心情更平静：** Slow breathing and focused movement

help you feel relaxed and sleep better.

缓慢的呼吸和专注的动作有助于放松心情、改善睡眠。

Try this / 试一试： Sit tall in your chair, feet flat on the floor. Breathe in slowly through your nose for 3 counts, then breathe out slowly through your mouth for 4 counts. Repeat 5 times. Notice how your shoulders drop as you breathe out.

请在椅子上坐直，双脚平放地面。用鼻子慢慢吸气数 3 下，再用嘴慢慢呼气数 4 下。重复 5 次。注意呼气时肩膀如何放松下沉。

Check yourself — Quiz 1 / 自我检查——小测验 1

1.Tai chi movements are: (a) fast and jumping (b) slow and flowing (c) done only on the floor

太极动作是：(a) 快速跳跃的 (b) 缓慢连贯的 (c) 只能在地板上做的

2.Chair yoga is done: (a) sitting or holding a chair (b) standing on one leg only (c) underwater

椅子瑜伽是：(a) 坐着或扶椅练习 (b) 只能单腿站立 (c) 在水中练习

3.One benefit of gentle movement is: (a) steadier steps (b) louder voice (c) faster running

轻柔运动的一个好处是：(a) 走路更稳 (b) 声音更大 (c) 跑得更快

4.Before starting new movement practice, you should: (a) skip meals (b) check with your doctor if you have health concerns (c) buy expensive clothes

开始新的运动练习前，您应该：(a) 不吃饭 (b) 如有健康问题先咨询医生 (c) 买昂贵的衣服

5.If a movement causes pain, you should: (a) push harder (b) stop and rest (c) hold your breath

如果某个动作引起疼痛，您应该：(a) 更用力 (b) 停下来休息 (c) 憋气

Answers / 答案：1-b, 2-a, 3-a, 4-b, 5-b

Lesson 2: Breathing, Posture, and Waking Up Your Body

第 2 课：呼吸、姿势与唤醒身体

> **Goal / 学习目标：** By the end of this lesson, you can sit and stand with good posture, breathe slowly and deeply, and lead a short warm-up.
>
> 学完本课，您能以良好的姿势坐立，深长而缓慢地呼吸，并带领一段简短的热身。

Good posture, sitting and standing / 良好的坐姿与站姿

Sit near the front of your chair, feet flat, knees above ankles. Imagine a string gently pulling the top of your head upward. Let your shoulders relax down and your chin sit level — not pushed forward. When standing, keep feet hip-width apart, knees soft (not locked), and hold the chair if you need support.

请坐在椅子前部，双脚平放地面，膝盖在脚踝上方。想象有一根线轻轻向上提着您的头顶。让肩膀放松下沉，下巴保持水平，不要前伸。站立时，双脚与髋同宽，膝盖微微放松（不要锁死），需要时扶住椅子。

Slow breathing / 缓慢呼吸

Place one hand on your belly. Breathe in through your nose and feel your belly rise gently. Breathe out through your mouth and feel it fall. Try 4 counts in, 6 counts out. Slow breathing calms the body and gives every movement a steady rhythm.

请把一只手放在腹部。用鼻子吸气，感觉腹部轻轻隆起；用嘴呼气，感觉腹部回落。试试吸气 4 下、呼气 6 下。缓慢的呼吸能让身体平静，也给每个动作带来稳定的节奏。

Step by step: a 10-minute warm-up / 一步一步：10 分钟热身

1. Shoulder rolls: lift shoulders toward ears, roll back and down, 5 times. Then reverse, 5 times.

   耸肩转肩：肩膀向耳朵提起，向后向下转动，5 次；再反方向 5 次。
2. Neck turns: slowly turn your head left, back to center, then right. Repeat 4 times. Move only as far as comfortable.

   转头：慢慢向左转头，回到中间，再向右转。重复 4 次。只转到舒适的范围。
3. Ankle circles: lift one foot slightly and circle the ankle 5 times each way, then switch feet.

   转脚踝：一只脚稍稍抬起，脚踝各方向转动 5 次，换脚重复。
4. Wrist circles: hold hands in front and circle wrists gently, 5 times

each way.

转手腕：双手放在身前，轻轻转动手腕，各方向 5 次。

5. Seated marching: lift one knee a little, then the other, slowly, 10 times total. Hold the chair arms if standing.

坐姿踏步：慢慢交替抬起膝盖，共 10 次。站立时请扶住椅子扶手。

> **Try this / 试一试：** Do the full warm-up above, breathing slowly throughout. Notice which parts feel stiff — those are the parts to be extra gentle with.
>
> 请完整做一遍上面的热身，全程缓慢呼吸。留意哪些部位感觉僵硬——那些部位要格外轻柔。

Check yourself — Quiz 2 / 自我检查——小测验 2

1.Good sitting posture means: (a) feet flat, back tall, shoulders relaxed (b) slouching low (c) legs crossed tightly

良好的坐姿是：(a) 双脚平放、背挺直、肩放松 (b) 瘫坐得很低 (c) 双腿紧紧交叉

2.Slow breathing means: (a) holding your breath (b) breathing in through the nose and out slowly (c) breathing as fast as possible

缓慢呼吸是：(a) 憋气 (b) 鼻吸气、慢慢呼气 (c) 呼吸越快越好

3.During warm-up, you should: (a) move only as far as comfortable (b) force every stretch (c) skip water

热身时，您应该：(a) 只活动到舒适的范围 (b) 勉强拉伸 (c) 不喝水

4.When standing for practice, knees should be: (a) locked straight (b) soft, slightly bent (c) crossed

站立练习时，膝盖应该：(a) 锁死伸直 (b) 微微放松弯曲 (c) 交叉

5.A good warm-up includes: (a) shoulder rolls and ankle circles (b) jumping (c) deep floor bends

好的热身包括：(a) 转肩和转脚踝 (b) 跳跃 (c) 深弯腰触地

Answers / 答案：1-a, 2-b, 3-a, 4-b, 5-a

Lesson 3: Tai Chi Basics — Weight Shifting, Flowing Arms, and Slow Steps

第 3 课：太极基础——重心转移、行云流水的手臂与慢步

> **Goal / 学习目标：** By the end of this lesson, you can shift your weight smoothly side to side, move your arms in a flowing circle, and take slow tai chi steps with chair support.
>
> 学完本课，您能平稳地左右转移重心，以连贯的圆弧摆动手臂，并在扶椅的情况下迈出缓慢的太极步。

The heart of tai chi: shifting weight / 太极的核心：转移重心

Most tai chi movements begin with the feet and the waist, not the arms. Stand behind your chair, hands lightly on the chair back. Feet shoulder-width apart. Slowly shift your weight to the right foot, letting the left heel lighten. Then shift back to the left. Move like water pouring slowly from one side to the other. Keep your knees soft and your upper body tall and relaxed.

大多数太极动作从脚和腰开始，而不是手臂。请站在椅子后面，双手轻轻扶住椅背。双脚与肩同宽。慢慢把重心移到右脚，让左脚跟变轻；再移回左脚。像水缓缓地从一边流向另一边。膝盖保持放松，上身挺拔放松。

Step by step / 一步一步

1. Weight shifting: shift right, center, left, center — 8 slow rounds. Breathe out as you shift.

   重心转移：右、中、左、中——缓慢地做 8 轮。转移时呼气。

2. Flowing arms: arms hang relaxed. As you shift right, let both arms float up gently to chest height, palms down. As you shift left, let them sink down. Repeat 8 times.

   行云流水的手臂：双臂自然下垂。重心右移时，双臂轻轻浮起至胸前高度，掌心向下；重心左移时，双臂缓缓下沉。重复 8 次。

3. Slow steps: hold the chair with one hand. Step forward slowly with the right foot, heel first, then place the whole foot down. Shift weight forward gently, then step back. Repeat with the left foot. Do 4 steps each side.

   慢步：一手扶椅。右脚慢慢向前迈出，先脚跟落地，再放下整个脚掌。重心轻轻前移，再退回。左脚重复。左右各 4 步。

4. Seated version: sit tall and do the same arm flow, plus lift one heel at a time in rhythm with your breathing.

   坐姿版本：坐直，做同样的手臂流动，同时配合呼吸交替抬起脚跟。

> **Try this / 试一试：** Put on quiet music. Do weight shifting and flowing arms together for 3 minutes without stopping. Let the movement be continuous — no jerks, no hurry.

请放一段轻音乐。连续 3 分钟同时做重心转移和手臂流动。让动作连绵不断——不要顿挫，不要匆忙。

Check yourself — Quiz 3 / 自我检查——小测验 3

1.Tai chi movement starts from: (a) the feet and waist (b) the fingers only (c) the neck alone

太极动作从哪里开始：(a) 脚和腰 (b) 只用手指 (c) 只用脖子

2.Weight shifting should feel like: (a) water pouring slowly (b) jumping side to side (c) stomping hard

重心转移应该像：(a) 水缓缓流动 (b) 左右跳跃 (c) 用力跺脚

3.When stepping in tai chi, land: (a) heel first, then the whole foot (b) toes only (c) flat and hard

太极迈步时，先落地的是：(a) 脚跟，再放下整个脚掌 (b) 只有脚趾 (c) 平而重地落地

4.If standing feels unsteady, you should: (a) hold the chair (b) close your eyes and spin (c) stand on one leg

如果站立不稳，您应该：(a) 扶住椅子 (b) 闭眼旋转 (c) 单腿站立

5.Tai chi arms move: (a) in flowing circles (b) in sharp jerks (c) stiffly at your sides

太极手臂的动作是：(a) 连贯的圆弧 (b) 突然的顿挫 (c)僵直地贴

> 在身体两侧

Answers / 答案：1-a, 2-a, 3-a, 4-a, 5-a

Lesson 4: Chair Yoga Basics — Seated Stretches for Neck, Shoulders, and Back

第 4 课：椅子瑜伽基础——颈、肩、背的坐姿拉伸

> **Goal / 学习目标：** By the end of this lesson, you can lead a seated stretch routine for the neck, shoulders, and back, and explain why slow stretching is safer than bouncing.
>
> 学完本课，您能带领一套颈、肩、背的坐姿拉伸，并说明为什么缓慢拉伸比弹震式拉伸更安全。

Why slow stretching works / 为什么缓慢拉伸有效

Muscles relax when they are warmed and stretched slowly. Quick, bouncing stretches can make muscles tighten or even strain. In chair yoga, every stretch is slow: move into the stretch, hold it for 3–5 slow breaths, and release gently. You should feel a mild, pleasant pull — never sharp pain.

肌肉在缓慢地热身和拉伸时才会放松。快速弹震的拉伸可能让肌肉绷紧甚至拉伤。在椅子瑜伽中，每个拉伸都要慢：进入拉伸姿势，保持 3–5 次缓慢呼吸，再轻轻放松。您应该感到轻微舒适的牵拉——绝不是剧痛。

Step by step: seated stretch routine / 一步一步：坐姿拉伸套路

1. Neck stretch: drop your right ear toward your right shoulder. Hold 3 breaths. Return to center, then the left side.

   颈部拉伸：右耳向右肩靠近。保持 3 次呼吸。回到中间，换左侧。

2. Shoulder squeeze: draw both shoulder blades gently together, hold 3 breaths, release.

   收肩胛：双肩胛骨轻轻向中间收拢，保持 3 次呼吸，放松。

3. Eagle arms (seated): cross your right arm under your left, palms touching if comfortable, lift elbows slightly. Hold 3 breaths, switch sides.

   坐姿鹰式手臂：右臂从左臂下方交叉，双掌相贴（如感到舒适），肘部稍抬。保持 3 次呼吸，换边。

4. Seated twist: sit tall, place your left hand on your right knee, right hand on the chair back, and turn gently to the right. Hold 3 breaths. Switch sides. Twist only as far as comfortable — never force it.

   坐姿扭转：坐直，左手放在右膝上，右手扶椅背，轻轻向右转。保持 3 次呼吸。换边。只转到舒适的范围——不要勉强。

5. Back release: place hands on knees, round your back gently like a cat, then arch slightly like a cow. Move slowly 5 times.

   背部放松：双手放在膝上，像猫一样轻轻弓背，再像牛一样微微塌腰。缓慢地做 5 次。

Try this / 试一试： Do the whole routine twice — once in the morning and once in the evening — and notice whether your shoulders feel lower and your neck freer at the end of the day.

请把整套动作做两遍——早上一次、晚上一次——留意一天结束时肩膀是否更放松、脖子是否更灵活。

Check yourself — Quiz 4 / 自我检查——小测验 4

1. A good stretch feels: (a) mildly pleasant (b) sharply painful (c) like nothing at all

   好的拉伸感觉是：(a) 轻微舒适 (b) 剧烈疼痛 (c) 毫无感觉

2. Hold each stretch for: (a) 3–5 slow breaths (b) 30 seconds of bouncing (c) no time at all

   每个拉伸保持：(a) 3–5 次缓慢呼吸 (b) 弹震 30 秒 (c) 完全不保持

3. During a seated twist, you should: (a) force as far as possible (b) turn only as far as comfortable (c) hold your breath

   坐姿扭转时，您应该：(a) 尽量用力转 (b) 只转到舒适的范围 (c) 憋气

4. Bouncing stretches are: (a) safer (b) risky — they can tighten or strain muscles (c) required

   弹震式拉伸是：(a) 更安全的 (b) 有风险——可能让肌肉绷紧或拉伤 (c) 必须做的

> 5.The seated back release moves like: (a) a cat and a cow (b) a jumping frog (c) a spinning top
>
> 背部放松动作像：(a) 猫和牛 (b) 跳跃的青蛙 (c) 旋转的陀螺

> Answers / 答案：1-a, 2-a, 3-b, 4-b, 5-a

Lesson 5: Balance and Steadiness — Gentle Standing Practice with Chair Support

第 5 课：平衡与稳定——扶椅的温和站立练习

> **Goal / 学习目标：** By the end of this lesson, you can do four chair-supported balance exercises and explain the safety rules for balance practice.
>
> 学完本课，您能做四项扶椅平衡练习，并说出平衡练习的安全规则。

Balance safety rules / 平衡练习的安全规则

Always practice beside a sturdy chair or counter you can hold. Wear flat shoes. Keep your eyes open and look at a fixed point ahead. If you feel dizzy, sit down at once. Balance improves with small, regular practice — not with daring moves.

练习时身边一定要有可以扶靠的结实椅子或台面。穿平底鞋。睁开眼睛，注视前方一个固定点。如感到头晕，立即坐下。平衡是通过小而规律的练习改善的——不是靠冒险的动作。

Step by step / 一步一步

1. Side steps: hold the chair, step sideways right and bring feet together, then left. 8 steps each way.

侧步：扶椅，向右横向迈步并拢，再向左。左右各 8 步。

2. Heel-toe stand: hold the chair, place one foot directly in front of the other, heel to toe, like standing on a line. Hold 10 seconds, switch feet.

   前后脚站立：扶椅，一脚放在另一脚正前方，脚跟贴脚趾，像站在一条线上。保持 10 秒，换脚。

3. One-foot balance: hold the chair with one hand, lift one foot just an inch off the floor. Hold 10 seconds, then switch. Keep the lift tiny — height does not matter.

   单脚平衡：一手扶椅，一脚离地仅一寸。保持 10 秒，换脚。抬得低一点没关系——高度不重要。

4. Slow turns: hold the chair, turn your whole body slowly to look behind you, then return. Repeat 4 times each side. Turn with your feet, not just your neck.

   慢转身：扶椅，整个身体慢慢转向身后看，再转回。左右各 4 次。转身时脚也跟着转，不只转脖子。

> **Try this / 试一试：** Practice the four exercises once a day for a week. Keep a small note of how long you can hold the one-foot balance — watch the seconds grow, slowly.
>
> 请每天练习这四项，坚持一周。简单记下单脚平衡能保持几秒——看着秒数慢慢增长。

Check yourself — Quiz 5 / 自我检查——小测验 5

1.Balance practice should always be: (a) beside a chair you can hold (b) on a slippery floor (c) with eyes closed

平衡练习应始终：(a) 在可以扶靠的椅子旁 (b) 在光滑的地面上 (c) 闭着眼睛

2.If you feel dizzy, you should: (a) sit down at once (b) keep going faster (c) spin around

如感到头晕，您应该：(a) 立即坐下 (b) 更快地继续 (c) 转圈

3.In one-foot balance, the lifted foot should be: (a) just an inch off the floor (b) as high as possible (c) kicked forward

单脚平衡时，抬起的脚应该：(a) 离地仅一寸 (b) 越高越好 (c) 向前踢出

4.Balance improves through: (a) small, regular practice (b) one daring attempt (c) never practicing

平衡通过什么改善：(a) 小而规律的练习 (b) 一次冒险的尝试 (c) 从不练习

5.When turning, you should: (a) turn with your feet too (b) twist only your neck sharply (c) lock your knees

转身时，您应该：(a) 脚也跟着转 (b) 只用脖子猛扭 (c) 锁死膝盖

> Answers / 答案：1-a, 2-a, 3-a, 4-a, 5-a

Lesson 6: Flexibility and Strength — Arms, Legs, and Core, Seated and Standing

第 6 课：柔韧与力量——手臂、腿与核心，坐姿与站姿

> **Goal / 学习目标：** By the end of this lesson, you can do a gentle strength routine for arms, legs, and core, seated or standing, and explain why slow repetitions are better than heavy weights.
>
> 学完本课，您能完成一套手臂、腿和核心的温和力量练习（坐姿或站姿均可），并说明为什么缓慢的重复比大重量更好。

Strength without strain / 不费力的力量

For daily life — standing up, carrying groceries, opening doors — you need steady strength, not big muscles. Slow, light repetitions build that strength safely. Use your own body weight, or a water bottle as a light weight. Move slowly, breathe out as you work, and stop before tiredness turns into pain.

对于日常生活——起身、提菜、开门——您需要的是稳定的力量，而不是大块肌肉。缓慢、轻量的重复能安全地建立这种力量。用自身体重，或拿一瓶水作轻哑铃。动作放慢，用力时呼气，在疲倦变成疼痛之前停下。

Step by step / 一步一步

1. Arm raises: sit or stand tall. Raise both arms slowly to shoulder height, palms down, then lower. 8 times.

   抬臂：坐直或站直。双臂慢慢抬至肩高，掌心向下，再放下。8 次。

2. Seated leg lifts: sit tall, slowly straighten one knee until the leg is level, hold 3 seconds, lower. 6 times each leg.

   坐姿抬腿：坐直，慢慢伸直一侧膝盖至腿部水平，保持 3 秒，放下。每腿 6 次。

3. Chair stands: sit near the front of the chair, feet flat. Lean slightly forward, press through your feet, and stand slowly. Sit back down slowly. Use chair arms if needed. 6 times.

   椅子起坐：坐在椅子前部，双脚平放。身体微微前倾，脚用力蹬地，慢慢站起；再慢慢坐下。需要时扶椅子扶手。6 次。

4. Seated core: sit tall, place hands on your belly, and gently tighten your belly as if bracing for a soft pat. Hold 5 seconds while breathing normally. Repeat 6 times.

   坐姿核心：坐直，双手放在腹部，轻轻收紧腹部，像准备接受轻轻一拍。正常呼吸下保持 5 秒。重复 6 次。

> **Try this / 试一试：** Do the routine every other day for two weeks. Note which exercise feels easiest at the end — that is your strength growing.

请隔天做一次这套练习，坚持两周。留意最后哪项变得最轻松——那就是您的力量在增长。

Check yourself — Quiz 6 / 自我检查——小测验 6

1.Daily-life strength comes from: (a) slow, light repetitions (b) lifting the heaviest weight once (c) never moving

日常生活所需的力量来自：(a) 缓慢轻量的重复 (b) 一次举起最重的重量 (c) 从不动

2.When you work hard in an exercise, you should: (a) hold your breath (b) breathe out as you work (c) talk loudly

用力时，您应该：(a) 憋气 (b) 用力时呼气 (c) 大声说话

3.A safe light weight at home is: (a) a water bottle (b) a full suitcase (c) a bag of cement

家中安全的轻重量是：(a) 一瓶水 (b) 装满的行李箱 (c) 一袋水泥

4.Chair stands should be done: (a) slowly, using chair arms if needed (b) as fast as possible (c) with locked knees

椅子起坐应该：(a) 缓慢地做，需要时扶扶手 (b) 越快越好 (c) 膝盖锁死

5.Stop an exercise when: (a) tiredness turns toward pain (b) you finish 100 times (c) someone watches

> 出现以下情况时应停止练习：(a) 疲倦快变成疼痛时 (b) 做到 100 次时 (c) 有人看着时

Answers / 答案：1-a, 2-b, 3-a, 4-a, 5-a

Lesson 7: Flowing Together — A Short Tai Chi and Yoga Sequence

第 7 课：融会贯通——一段简短的太极瑜伽组合

> **Goal / 学习目标：** By the end of this lesson, you can perform a 10-minute flowing sequence that joins breathing, tai chi arms, chair stretches, and balance, from memory or with the steps beside you.
> 学完本课，您能完成一段 10 分钟的流动组合，把呼吸、太极手臂、椅子拉伸和平衡结合起来，可以凭记忆或对照步骤完成。

Putting it together / 融会贯通

Until now you have practiced pieces. Today the pieces join into one flowing sequence. Move slowly from one part to the next without stopping. If you forget a step, simply breathe and continue with the next one — the flow matters more than perfection.

到目前为止您练习的都是分解动作。今天这些动作将连成一段流动的组合。请不间断地从一个部分慢慢过渡到下一个部分。如果忘了某一步，只需呼吸一下，继续下一步——流畅比完美更重要。

Step by step: the 10-minute sequence / 一步一步：10 分钟组合

1. Minutes 0–2, breathing and posture: sit tall, breathe slowly (4 in, 6

out), roll shoulders 5 times.

第 0–2 分钟，呼吸与姿势：坐直，缓慢呼吸（吸 4 下、呼 6 下），转肩 5 次。

2. Minutes 2–4, tai chi arms: weight shifting with flowing arms, 8 rounds (seated or standing with chair support).

   第 2–4 分钟，太极手臂：重心转移配合手臂流动，8 轮（坐姿或扶椅站姿）。

3. Minutes 4–6, chair stretches: neck stretch, shoulder squeeze, seated twist — each side, 3 breaths each.

   第 4–6 分钟，椅子拉伸：颈部拉伸、收肩胛、坐姿扭转——左右各做，每式保持 3 次呼吸。

4. Minutes 6–8, balance: side steps 8 each way, heel-toe stand 10 seconds each foot, one-foot balance 10 seconds each foot.

   第 6–8 分钟，平衡：左右侧步各 8 步，前后脚站立每脚 10 秒，单脚平衡每脚 10 秒。

5. Minutes 8–10, closing: seated, breathe slowly, notice your body, and thank yourself for practicing.

   第 8–10 分钟，收尾：坐下，缓慢呼吸，感受身体，并感谢自己完成了练习。

> **Try this / 试一试：** Do the sequence three times this week. Each time, try to need the written steps a little less.
>
> 请本周做三遍这段组合。每一次，试着少看一点文字步骤。

Check yourself — Quiz 7 / 自我检查——小测验 7

1.The sequence begins with: (a) breathing and posture (b) jumping (c) deep bends

组合的开始是：(a) 呼吸与姿势 (b) 跳跃 (c) 深弯腰

2.If you forget a step, you should: (a) stop completely (b) breathe and continue with the next step (c) start over angrily

如果忘了某一步，您应该：(a) 完全停下 (b) 呼吸一下，继续下一步 (c) 生气地重来

3.The sequence lasts about: (a) 10 minutes (b) 2 hours (c) 10 seconds

组合大约持续：(a) 10 分钟 (b) 2 小时 (c) 10 秒

4.The closing minutes are for: (a) slow breathing and noticing your body (b) running (c) heavy lifting

收尾的几分钟用于：(a) 缓慢呼吸、感受身体 (b) 跑步 (c) 举重

5.What matters most in the flow is: (a) perfection (b) continuous, gentle movement (c) speed

流动中最重要的是：(a) 完美 (b) 连绵温和的动作 (c) 速度

Answers / 答案：1-a, 2-b, 3-a, 4-a, 5-b

Lesson 8: My Daily Practice — Building a Gentle Routine That Lasts

第 8 课：我的每日练习——建立能坚持的温和习惯

> **Goal / 学习目标：** By the end of this lesson, you can write your own simple daily practice plan and name three ways to keep practicing when motivation is low.
>
> 学完本课，您能写出自己简单的每日练习计划，并说出动力不足时坚持练习的三种方法。

Small, regular, and enjoyable / 少量、规律、愉快

The best routine is the one you actually do. Ten minutes every day beats one long session a week. Attach practice to something you already do — after breakfast, before the evening news — so it becomes a habit. Practice with a friend or family member when you can; shared practice is easier to keep.

最好的习惯就是您真正能做到的习惯。每天 10 分钟胜过每周一次长时间的练习。把练习固定在您已有的日常活动之后——比如早餐后、晚间新闻前——这样它就成了习惯。有条件时和朋友或家人一起练；一起练习更容易坚持。

Step by step: build your plan / 一步一步：制定您的计划

1. Choose your time: pick one regular time of day and write it down.
   选择时间：选一个每天固定的时间并写下来。
2. Choose your place: a flat space with a sturdy chair and room to move your arms.
   选择地点：一块平坦的地方，有结实的椅子和摆动手臂的空间。
3. Choose your length: start with 10 minutes. Add 5 minutes only when 10 feels easy for a full week.
   选择时长：从 10 分钟开始。只有当 10 分钟坚持一周都感到轻松时，才增加 5 分钟。
4. Choose your company: invite a friend, or practice while a family member is nearby.
   选择同伴：邀请一位朋友，或在家人附近练习。
5. Keep a simple record: mark each day you practice on a calendar. Seeing a row of marks is its own reward.
   简单记录：在日历上标记每一天的练习。看到一排标记本身就是奖励。

When motivation is low / 动力不足时

Do just the warm-up — often the rest follows. Or do only your favorite part. Or simply sit, breathe slowly for 2 minutes, and call that practice for the day. A short practice kept is far better than a long practice skipped.

只做热身就好——常常做完热身就想继续了。或者只做您最喜欢的部分。或者只是坐下来缓慢呼吸 2 分钟，把这当作当天的练习。坚持短练习远胜于跳过长练习。

> **Try this / 试一试：** Fill in the "My Daily Practice Plan" below and start tomorrow. After one week, look at your calendar marks and celebrate.
>
> 请填写下面的“我的每日练习计划”，明天就开始。一周后看看日历上的标记，为自己庆祝。

> **Check yourself — Quiz 8 / 自我检查——小测验 8**
>
> 1.The best routine is: (a) the one you actually do (b) the longest possible (c) the hardest possible
>
> 最好的习惯是：(a) 您真正能做到的 (b) 越长越好 (c) 越难越好
>
> 2.To build a habit, attach practice to: (a) something you already do daily (b) a rare event (c) nothing
>
> 要养成习惯，把练习固定在：(a) 您每天已有的活动之后 (b) 罕见的事情之后 (c) 什么都不固定
>
> 3.Start with: (a) 10 minutes a day (b) 2 hours a day (c) 0 minutes
>
> 开始时：(a) 每天 10 分钟 (b) 每天 2 小时 (c) 0 分钟
>
> 4.When motivation is low, a good choice is: (a) just do the

warm-up (b) quit forever (c) do painful moves

动力不足时，一个好的选择是：(a) 只做热身 (b) 永远放弃 (c) 做疼痛的动作

5.Keeping a calendar record helps because: (a) seeing a row of marks is rewarding (b) it costs money (c) it impresses others

在日历上记录有帮助，因为：(a) 看到一排标记就是奖励 (b) 它要花钱 (c) 它能 impress 别人

Answers / 答案：1-a, 2-a, 3-a, 4-a, 5-a

My Daily Practice Plan / 我的每日练习计划

Fill this in and keep it where you practice.

请填写并放在您练习的地方。

- My practice time / 我的练习时间：_____
- My practice place / 我的练习地点：_____
- My practice length / 我的练习时长：_____
- My practice partner / 我的练习伙伴：_____
- My favorite part / 我最喜欢的部分：_____

Progress Checklist / 学习进度表

- ☐ Lesson 1: Moving Gently / 第 1 课：轻柔地动起来
- ☐ Lesson 2: Breathing, Posture, and Waking Up / 第 2 课：呼吸、姿势与唤醒身体
- ☐ Lesson 3: Tai Chi Basics / 第 3 课：太极基础
- ☐ Lesson 4: Chair Yoga Basics / 第 4 课：椅子瑜伽基础
- ☐ Lesson 5: Balance and Steadiness / 第 5 课：平衡与稳定
- ☐ Lesson 6: Flexibility and Strength / 第 6 课：柔韧与力量
- ☐ Lesson 7: Flowing Together / 第 7 课：融会贯通
- ☐ Lesson 8: My Daily Practice / 第 8 课：我的每日练习

A final reminder / 最后提醒： This course is general education only, not medical advice. Check with your doctor or physical therapist before starting new movement practice, and stop any movement that causes pain, dizziness, or shortness of breath. Move gently, breathe slowly, and enjoy your practice.

最后提醒： 本课程仅为一般教育，不是医疗建议。开始新的运动练习前请咨询医生或理疗师，任何引起疼痛、头晕或气短的动作请立即停止。轻柔地动，缓慢地呼吸，享受您的练习。