



28 Day Tai Chi Walking Plan

One gentle flow a day · 4 weeks · anywhere you walk



28 Day Tai Chi Walking Plan *· your flow for each day*

DAYS 1-4 Rooted Beginnings

- 1 Wuji Standing** · 5 slow breaths
Stand with feet hip-width apart and knees soft. Relax your shoulders and lengthen your spine.
- 2 Heel-to-Toe Steps** · 20 slow steps
Walk slowly, placing your heel first and rolling onto your toes. Keep your knees soft.
- 3 Weight Shifting** · 8 each side
Stand with feet wide and slowly shift your weight from one leg to the other.
- 4 Rising Qi Breath** · 6 rounds
Inhale as your arms float up to shoulder height. Exhale as they gently lower.

DAYS 5-8 Soft & Flowing

- 5 Cat Step Walk** · 2 minutes
Step forward lightly, as if on thin ice. Shift your weight only once your foot is placed.
- 6 Waist Turns** · 8 each side
Turn gently from your waist and let your arms swing loosely around your body.
- 7 Cloud Hands** · 6 rounds
Let your hands float past your face one after the other as you shift side to side.
- 8 Arm-Swing Walk** · 3 minutes
Walk at an easy pace and let your arms swing naturally in rhythm with your steps.

DAYS 9-12 Balance & Posture

- 9 Crane Stand** · 5 breaths each side
Lift one heel and rest your toes on the floor. Stand tall and hold steady, then switch.
- 10 Brush Knee Step** · 6 each side
Step forward and sweep one hand past your knee as the other pushes gently forward.
- 11 Backward Walking** · 20 slow steps
Step back slowly, toes first, then heel. Keep a wall or chair close for support.
- 12 Tall Spine Walk** · 3 minutes
Walk slowly as if a thread lifts the top of your head. Keep your chin level.

DAYS 13-16 Breathe & Move

- 13 Belly Breathing** · 8 deep breaths
Stand tall with your hands on your belly. Breathe slowly and let your belly rise and fall.
- 14 Breath-Paced Walk** · 4 minutes
Take 4 steps as you inhale and 4 steps as you exhale. Keep the rhythm soft.
- 15 Opening the Chest** · 6 rounds
Inhale and open your arms wide. Exhale and bring your palms together in front of you.
- 16 Pushing the Waves** · 8 slow reps
Shift your weight forward as your palms push out. Shift back as they return to you.

28 Day Tai Chi Walking Plan *· your flow for each day*

DAYS 17–20

Grounded & Steady

17 Knee-Lift Steps · 8 each side

Lift one knee slowly as you step, pause, then place your foot down with control.

18 Toe & Heel Rocks · 10 slow reps

Rise onto your toes, then rock back onto your heels. Hold a chair if you need support.

19 Side Stepping · 10 each way

Step to the side and bring your feet together. Keep your knees soft and hips level.

20 Single-Leg Stand · 5 breaths each side

Hold a chair lightly for support. Lift one foot just off the floor, then switch.

DAYS 21–24

Quiet Strength

21 Horse Stance · 5 breaths

Stand with feet wide and knees gently bent. Keep your back tall and your breath steady.

22 Bow Stance Walk · 8 each side

Step into a gentle lunge, shift your weight onto the front leg, then step through.

23 Parting the Mane · 6 each side

Step forward as one arm opens up and out and the other presses softly down by your hip.

24 Golden Rooster · 3 breaths each side

Lift one knee and the same-side hand. Lower slowly, then switch. Hold a chair if needed.

DAYS 25–28

Harmony & Rest

25 Tai Chi Walk Flow · 5 minutes

Link slow steps, weight shifts and soft arm movements into one continuous flow.

26 Cloud Hands Walk · 4 each side

Step to the side with Cloud Hands, using one slow breath for each step.

27 Cool-Down Stroll · 5 minutes

Walk at an easy pace, relax your shoulders and let your breath settle.

28 Standing Stillness · 3–5 minutes

Stand with soft knees and open palms. Soften your gaze and notice your body from head to toe.



How to use

Find today's number on the calendar, take a few quiet minutes for your flow, then tick the day off. Use a chair or wall for support anytime.