



ChiBall®

Yin Yang Class Movement Notes

Equilibrium		
Music composed for the ChiBall Method Yin Yang class		
Track	Energy Phase	Discipline
1. "Gentle Mind"	Rising Yang	Tai Chi-Qi gong
2. "Raindance"	Radiant Yang – Part 1	ChiBall dance
3. "Illumination"	Radiant Yang – Part 2	Yoga
4. "Life Line"	Descending Yang	Pilates
5. "Breath of Life"	Rising Yin	ChiBall Release
6. "Dream Visions"	Condensed Yin	Relaxation



Legend

R = Right **R/L** = Right then Left (1 repetition)
L = Left **L/R** = Left then Right (1 repetition)

ChiBall Qi Gong - Tai Chi - Rising Yang Track 1 – “Gentle Mind, extended mix”

Segment	Time Code	# Reps	Exercise / Movement	Counts
	0.00	X1	Stand narrow Wu Chi	
	0.34	X4	Butterfly	1-64
	1.11	X4	Wave arms	1-64
	1.47	X4	Circle the Sun R	1-64
	2.24	X4	Circle the Sun L	1-64
	3.00	X4	Circle the Moon R	1-64
	3.36	X4	Circle the Moon L	1-64
	4.15	X1	Circle the Sun R	1-8
	4.18	X1	Push the Wind arms R	9-24
	4.27	X1	Circle the Moon R	25-32
	4.32	X1	Butterfly change the ball to the L hand	1-16
	4.41	X1	Wave arms	17-32
	4.50	X1	Repeat Circle the Sun/Push the Wind , combination L	1-64
	5.27	X1	Circle the Sun R Bend the knees and raise the L heel	1-8
	5.31	X1	Push the Wind R Knees bent L heel raised	9-24
	5.40	X1	Circle the Moon Straighten the knees	25-32
	5.45	X1	Butterfly change ball to L hand	1-16
	5.54	X1	Wave arms	17-32
	6.03	X1	Repeat Circle the Sun/Push Wind combination with knee bend and heel raise L	1-64



Segment	Time Code	# Reps	Exercise / Movement	Counts
	6.40	X1	Circle the Sun R Bend the knees and raise the L heel	1-8
	6.44	X1	Push the Wind R Transfer forward (push) and back (pull) to bring feet together	9-24
	6.52	X1	Circle the Moon Straighten the knees	25-32
	6.58	X1	Butterfly change ball to L hand	1-16
	7.07	X1	Wave arms	17-32
	7.16	X1	Repeat Circle the Sun/Push Wind combination with weight transfer L	1-64
	7.53	X1	Circle the Sun R Bend the knees, raise the L heel and turn to the corner	1-8
	7.57	X1	Push the Wind R Transfer forward (push) and back (pull) to bring feet together	9-24
	8.07	X1	Circle the Moon Straighten the knees	25-32
	8.12	X1	Butterfly change ball to L hand	1-16
	8.20	X1	Wave arms	17-32
	8.29	X1	Repeat Circle the Sun/Push Wind combination with weight transfer to the corner L	1-64
	9.06	X2	Repeat Circle the Sun/Push Wind combination with weight transfer to the corner R/L	8x32

My Notes: