

SUNSET TAI CHI

RELAX AND RECHARGE YOUR MIND, BODY, AND SPIRIT

SIMPLIFIED
TAIJIQUAN FOR
RELAXATION &
LONGEVITY

"A wonderful and practical approach to Tai Chi & Qigong that can correct stress-related illnesses, by a highly respected Master Teacher."

Herbert Benson, M.D.,
Harvard Medical School,
Benson-Henry Institute for
Mind Body Medicine. Author
of the best-selling book,
The Relaxation Response

Ramel Ronces

*Scientific Consultant,
Dana Farber Cancer Institute,
Harvard Medical School,
Tufts School of Medicine*

Sunset Tai Chi DVD Guide

Sunset Tai Chi is an introduction to using traditional tai chi for healing and stress relief.

Overview of Main Sections

These are the main sections of this 4-hour DVD, in the order that they will play when you click “PLAY ALL.”

- Cool Down Exercises
- Tai Chi Stances
- Stationary Tai Chi Drills
- Moving Tai Chi Drills
- Sunset Tai Chi Form
- Sitting Workout
- Sitting Tai Chi Drills
- Sitting Sunset Tai Chi Form

You can jump to any part of this 4-hour DVD with just a couple of clicks. From the main DVD menu, click “Contents.” From the Contents menu, you may jump to any of the main sections of the DVD.

Contents Menu at a Glance

COOL DOWN EXERCISES

These are stretches, meditations, and exercises to promote deep relaxation, and to prepare you for tai chi practice.

SUNSET TAI CHI FORM

The *Sunset Tai Chi* form is a short sequence of Yang Style Tai Chi movements. This section starts with leg stance training and traditional tai chi training drills. Then, the *Sunset Tai Chi* form is demonstrated to the left and the right.

WORKOUTS

The Workouts offer you options of a 20, 40, or 60 minute exercise regimen, with your choice of music. A sitting version of the Workout is also included.

RESOURCE CENTER

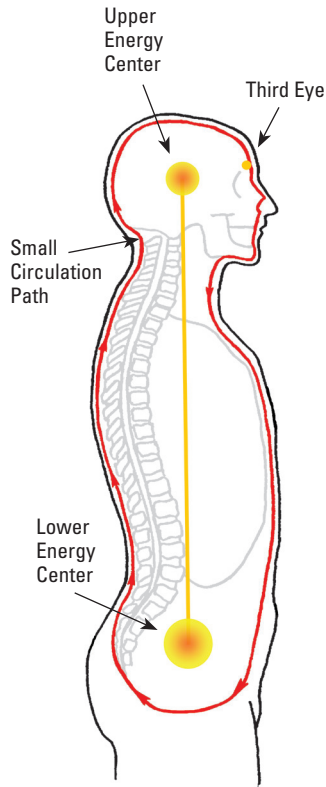
The Resource Center has more information about the health benefits of tai chi and Ramel Rones’ work with patients using tai chi for healing since the 1990s.

Click the audio button on your remote control to switch between music options.

Contents Menu in Detail

COOL DOWN EXERCISES

Surfing the Breath
 Zen Mind
 Cleanse
 Meditative Shaking and Pulsing
 Sigh Sound
 Linger at End of Exhalation
 Linger at End of Inhalation
 Latissimus / Side Lung Breathing
 Trapezius / Upper Lung Breathing
 Seesaw Breath
 Upper Energy Center
 Lower Energy Center
 Both Energy Centers - Baton
 Drain the Baton
 Empty Moon/Full Moon - Buddhist
 Empty Moon/Full Moon - Daoist
 Three Forces
 Point to Heaven
 Bow Breathing
 Belt Energy Channel Breathing
 Spine Wave
 Small Circulation
 Taiji Ball - Grinding
 Taiji Ball Overhead
 Taiji Ball Figure Eight
 Spider Climbing
 Wall Push Ups
 Balancing Upper Body
 Seiza
 Sit Ups
 Sit And Reach
 Hamstring - One Leg Up
 Sunset Meditation



Small Circulation

SUNSET FORM SECTION

Tai Chi Stances 1-7
 Stationary Tai Chi Drills 1-7
 Moving Tai Chi Drills 1-7
 Sunset Tai Chi Form
 Sitting Workout

SUNSET TAI CHI FORM MOVEMENTS

Begin Tai Chi - *to Right*
 Grind
 Crane Spreads Its Wings
 Two Blocks
 Brush Knee and Step
 Cloud Hands
 Pick Up Needle from
 the Sea Bottom
 Fan Back
 Nourish
 Close Tai Chi

Begin Tai Chi - *To Left*
 Grind
 Crane Spreads Its Wings
 Two Blocks
 Brush Knee and Step
 Cloud Hands
 Pick Up Needle from
 the Sea Bottom
 Fan Back
 Nourish
 Close Tai Chi

SUNSET TAI CHI WORKOUT CHOICES

20 Minute Workout
 40 Minute Workout
 60 Minute Workout

20 Minute Sitting Workout
 40 Minute Sitting Workout
 Complete Sitting Workout

SITTING WORKOUT

Surfing the Breath
 Zen Mind
 Cleanse
 Meditative Shaking and Pulsing
 Sigh Sound
 Linger at End of Exhalation
 Linger at End of Inhalation
 Latissimus / Side Lung Breathing
 Trapezius / Upper Lung Breathing
 Seesaw Breath
 Upper Energy Center
 Lower Energy Center
 Both Energy Centers - Baton
 Drain the Baton
 Empty Moon/Full Moon - Buddhist
 Empty Moon/Full Moon - Daoist
 Three Forces
 Point to Heaven
 Bow Breathing
 Belt Energy Channel Breathing
 Spine Wave
 Small Circulation
 Taiji Ball - Grinding
 Taiji Ball Overhead
 Taiji Ball Figure Eight
 Spider Climbing
 Seiza
 Balancing Upper Body
 Quad Stretch
 Sit Ups
 Sit and Reach
 Balancing Lower Back
 Sunset Meditation
 Sitting Tai Chi Drills 1–6
 Sitting Sunset Tai Chi Form

Related books and DVDs available at ymaa.com

Book



Companion DVD



Book



Companion DVD



2-DVD Set



Credits

Produced and directed by

David Silver

for YMAA Publication Center

Director of Photography/

Sound and Video Engineer/Lighting Director

Jeff Warmouth

Editor/Mixer/Colorist/Animation

Ellen Wetmore

Writers

Ramel Rones with David Silver

Special thanks to

Adison Martin

Performer

Ramel Rones

Narration

Jeff Warmouth

DVD authoring and menu design

MediaManic

Package design

Axie Breen

Please visit

www.RamelRones.com

Music courtesy of Wind Records.

Distributed exclusively by YMAA Publication Center.

For more information on YMAA books and DVDs, please consult the interactive catalog in the DVD extras section of this DVD.

For a free printed product catalog, call **1-800-669-8892**.

Visit us on the web at **www.YMAA.com**.

© 2007 Ramel Rones



VADIM GORETSKY

Master-teacher Ramel Rones has witnessed first hand the profound long-term benefits of tai chi and qigong practice. Since 1989 he has been working to improve the lives of cancer and arthritis patients. He is a Scientific Consultant of Mind/Body Therapies at Dana Farber Cancer Institute, Harvard Medical School, and Tufts School of Medicine, as well as co-author of numerous scientific publications. He has authored a number of books and DVDs on tai chi chuan.

A senior disciple of martial arts master Dr. Yang, Jwing-Ming in Boston, Massachusetts, Ramel is a gold medalist in internal and external martial arts competitions.