



Writing & Taiji for Balance

G26090308

with Mónica Gómez

September 24-27, 2026

Greetings,

Thank you for enrolling in my workshop, Writing and Taiji for Balance. Many people find stillness in movement. I've always needed active ways of processing life. In this workshop, I'll share simple and effective ways to cultivate clarity and balance through writing and taiji.

Thursday evening, after dinner, we'll gather for one hour for introductions. On Friday and Saturday, we'll have morning and afternoon sessions, interspersing writing exercises and taiji movement. Nothing strenuous! Weather permitting, we'll take some of our activities outdoors. Sunday morning is check-out time.

In our time together, we'll form friendships, share laughter and life stories, but most importantly, we'll come to know ourselves and our bodies in new ways that promote self-care and an appreciation for what wondrous creatures we are.

Looking forward to seeing you in September.



Best regards,

Mónica Gómez

monica@monicagomez.com

Participants will need paper and pen/pencil.
Comfortable shoes and clothing.

Workshop Itinerary:

Thursday 7:00 – 8:00 pm

Introductions and brief overview of what we'll be covering in the next two days.

Move: Chi gung, energy work – standing or seated.

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**Friday 9:00 – 11:30 am (2 ½ hours)**

Times are approximate

**Move:** Constant bear – basic exercise for developing flexibility and balance. K. C. Mao chi gung for circulation and grounding.

9 – 9:45

**Writing exercise:** Finding wisdom in brevity. Share aloud. **Handout.**

9:45 – 10:45

**Move:** Taiji / Chi gung.

10:45 – 11:30

**11:30 – 1:00 Lunch break**

**Friday 1:00 – 3:30 (2 ½ hours)**

**Move:** Stretching and fascia. Understanding Yin & Yang. **Handout**

1 – 2

Break into **groups of 3** for discussion topic. Discuss insights.

2 – 2:30

**Writing exercise:** Sight – Eyes, vision. **Handout**

2:30 – 3:30

**Move:** Wuji and 5 element chi gung. Time permitting.

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Saturday 9:00 – 11:30 (2 ½ hours)

Continue the 5 senses – **handout** for each sense.

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Writing exercise: Hearing – Ears, sound, listening. Stand and stretch.	9 – 10
Writing exercise: Smell – Nose, memory. Stand and stretch.	10 – 11
Move: Review body dynamics, posture, focus, structure, balance.	11 – 11:30

11:30 – 1:00 Lunch break

Saturday 1:00 – 3:30 (2 ½ hours)

Writing exercise: Taste – Tongue, mouth, flavor. Stand and stretch.	1 – 2:00
Writing exercise: Touch – Flesh, sensation.	2 – 3
Move: Practice taiji principles.	3 – 3:30



Sunday 9:00 – 10:00

Brief writing exercise: Sharing. Q & A	9 – 9:30
Move: Review taiji principles that apply to everyday life. Q & A	9:30 – 10