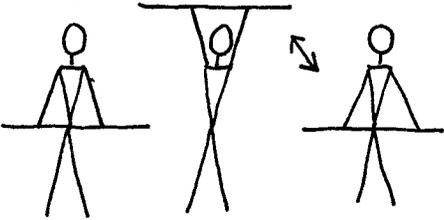
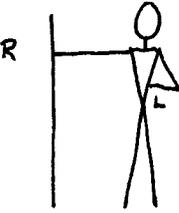
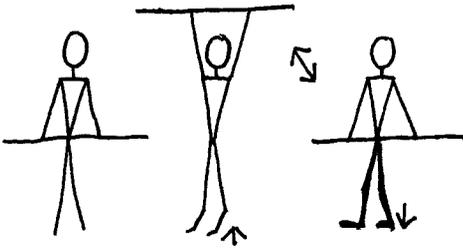
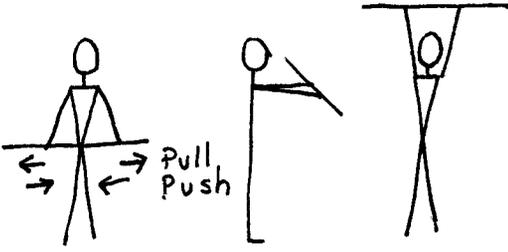


Yoga/Dong Stick Exercises

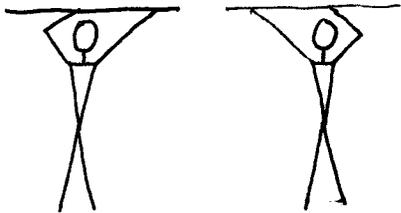
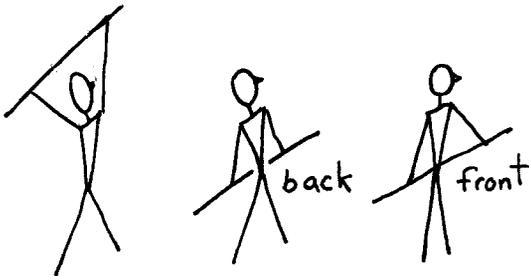
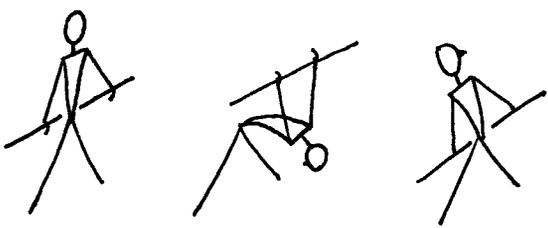
SOLA stick, Wudang Zhenwu Stick, Jaingan (Chinese Wand), Taichi Stick

(I) = Inhale (E) = Exhale R = Right L = Left

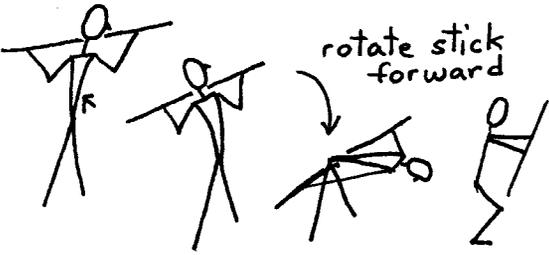
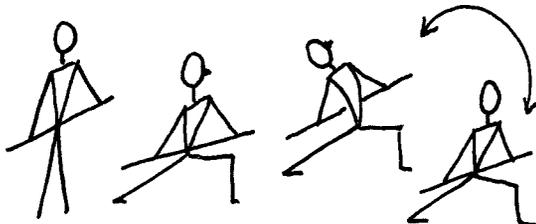
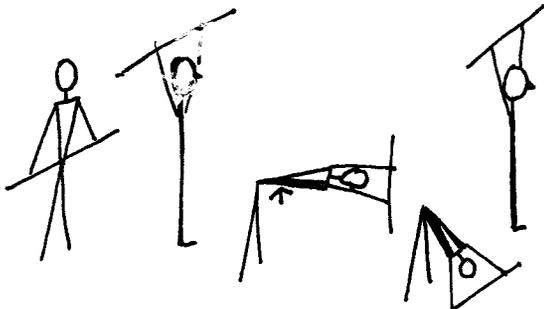
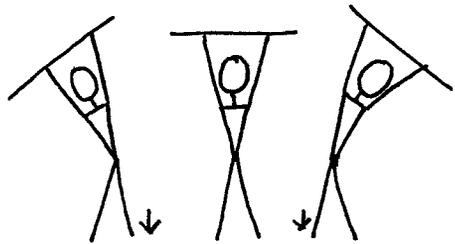
Repeat ***=5, 10, 20 times... Enjoying... Remember to Smile ☺

<p>Regulating The Breath</p> 	<p>Feet together or hip width</p> <ul style="list-style-type: none"> • Stick held horizontal at hips • Arms straight, palms facing body • (I) raise stick over head... stretch • (E) lower stick to hips... settle <p>Repeat *** (5, 10, or 20x's)</p>
<p>Resting Position 'Breathing and awareness meditation'</p> 	<p>Feet hip width, stick vertical in R hand</p> <ul style="list-style-type: none"> • Arm extended, straight out to side • Bend L elbow, place hand on hip - or fist on back near kidneys • Become aware of breath moving in and out. Be aware of changes, body, breath and mind. <p>Repeat: 3 breaths, notice, notice, notice</p>
<p>1. Rise and Shine</p> 	<p>Begin the same as 'Regulating the Breath'</p> <ul style="list-style-type: none"> • (I) raise stick over head... stretch • (E) lower stick to hips... settle • Begin to shift weight forward on to (broad) balls of feet and back onto heels, grounding into Earth. • (I) rise onto toes • (E) settle back on heels – toes relaxed and long <p>Repeat ***</p>
<p>Resting Position</p> <p>2. Pull / Push: <i>Arm, chest, upper back activation</i> - using isometric resistance</p> 	<p>Feet hip width:</p> <ul style="list-style-type: none"> • stick across hips, palms facing body • Pull hands apart... notice sensation • Push hands together... notice. <p>Repeat Pull/Push 3x's</p> <p>Turn palms over: repeat Pull/Push 3x's</p> <ul style="list-style-type: none"> • Repeat at shoulder height: 3x's palms down, 3x's palms up • Repeat above head, 3x's palms forward, 3x's palms back <p>Note differences</p>
<p>Resting Position</p>	

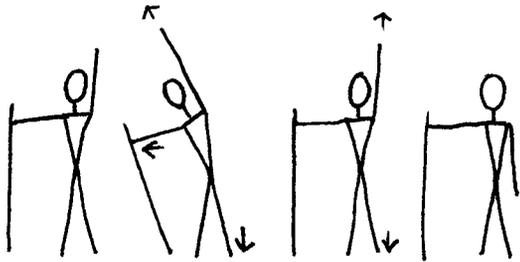
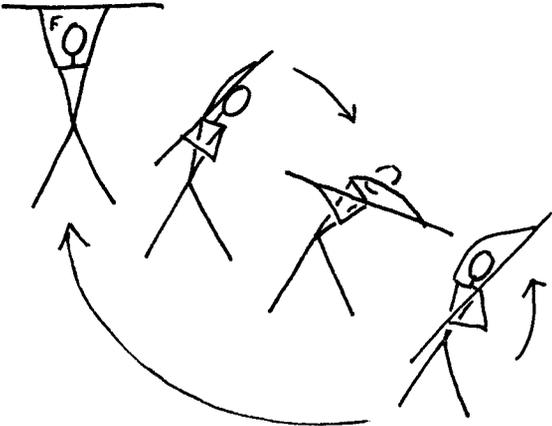
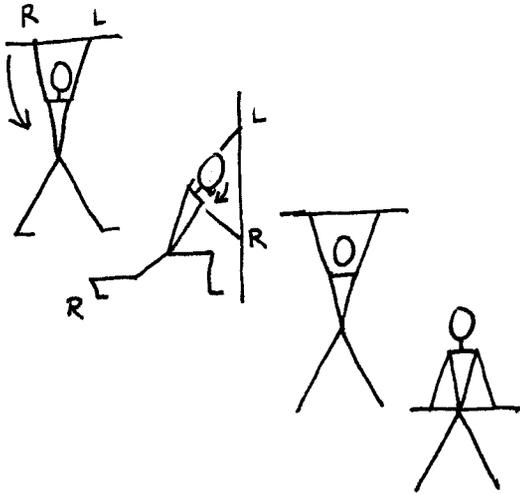
Cynthia Maltenfort
www.theartofqi.com

<p>3.. Shower Stretches: <i>Arm activation</i></p> 	<p>Feet hip width</p> <ul style="list-style-type: none"> • Stretch stick up over head • Bend R elbow, stretch L arm out to side. • Activate arms by stretching side to side using isometric resistance. <p>Repeat ***</p>
<p>Resting Position</p> <p>4. Neck Stretch, Facial Exercise and Forehead Massage</p> 	<p>Feet hip Width: bring stick behind neck</p> <ul style="list-style-type: none"> • Roll stick up and down back of neck. • Hook under cranium and look up. • Open mouth, stick tongue out, rotate tongue, both directions. • Exercise facial muscles making faces at ceiling. <p>Roll stick over top of head to forehead</p> <ul style="list-style-type: none"> • Massage forehead: roll stick up and down, turn head side to side.
<p>Resting Position</p> <p>5. Opening to the Sky: <i>Shoulder opener</i></p> 	<p>Feet hip width:</p> <ul style="list-style-type: none"> • Step L foot forward • (I) stretch up: circle stick up, and down the back, keeping the arms wide - opening the chest • (E) stepping L foot back, bring stick up, around forward, down to hips • (I) step R foot forward, lifting stick, rotating up, over and back • (E) step back, lower stick <p>Repeat *** (5,10,15 x's) Alternating sides</p>
<p>Resting Position</p> <p>6. Looking at Earth: <i>forward bend with shoulder stretch</i></p>  <p><i>Note * if high blood pressure, glaucoma or straining in the back don't bring head below heart</i></p> <p>Resting position</p>	<p>Feet wide</p> <ul style="list-style-type: none"> • Hold stick horizontally behind back • Arms straight • Back of hands face forward • (I) fill with breath, lengthen the back of neck as you lift heart • (E) bend forward at hips, looking between legs, stick over head • (I) lift torso back up, stick back <p>Repeat ***</p>

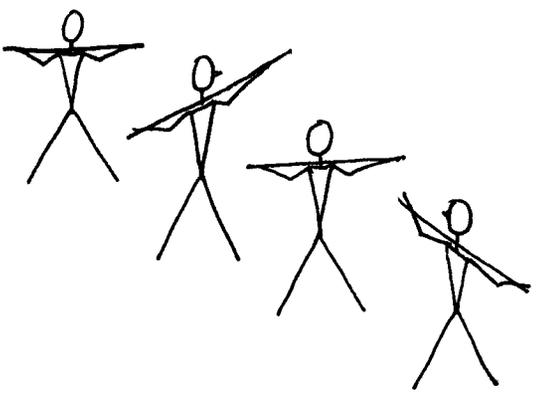
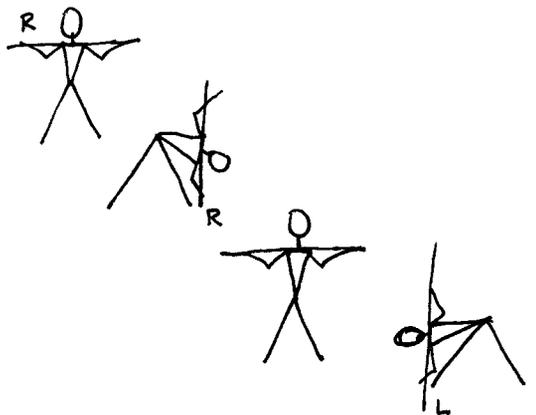
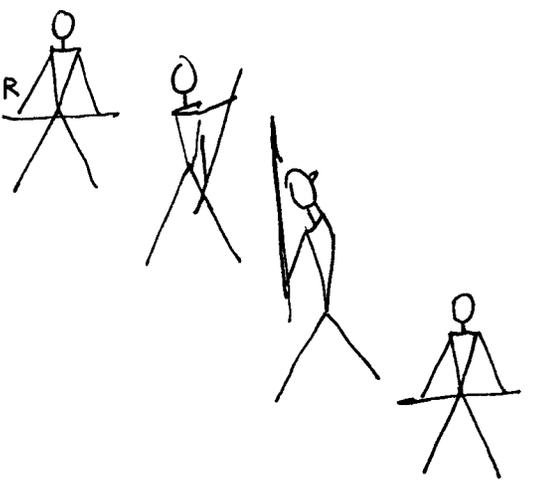
Cynthia Maltenfort

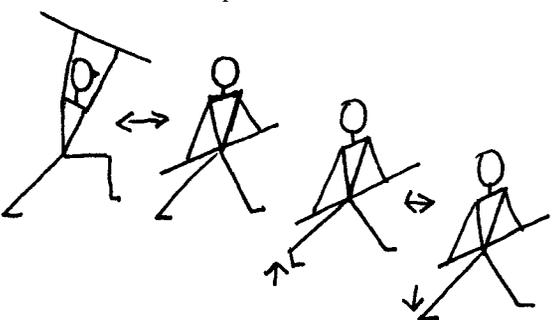
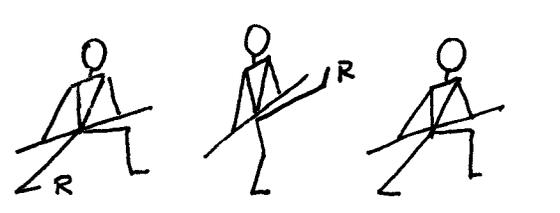
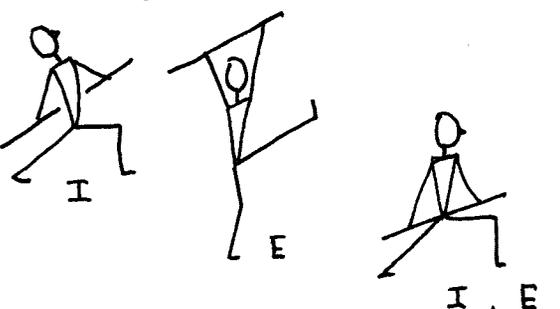
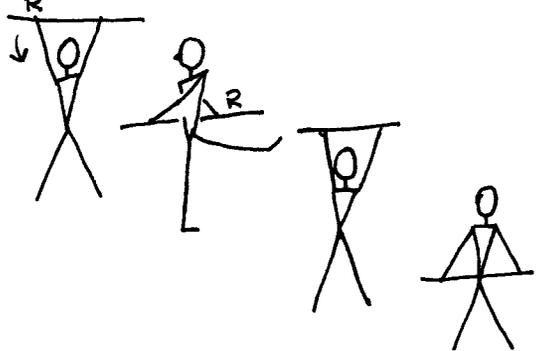
<p>7. Backbending – Forward bending</p>  <p><i>Note * if high blood pressure, glaucoma or straining in the back don't bring head below heart</i></p>	<p>Feet hip width: stick behind neck</p> <ul style="list-style-type: none"> • (I) slight bow – belly to spine, lengthening lumbar spine • (E) anchor heels – lift heart - 3 breaths, deepening backbend • (I) up, rotating stick to hip crease • (E) Forward bend – 3 breaths, releasing spine, knees can bend • (I) Chair pose, to standing <p>Repeat 2x's</p>
<p>Resting Position</p> <p>8. Honoring the Sun or Dragon in the Sky</p> 	<p>Feet hip width: step R foot back to lunge</p> <ul style="list-style-type: none"> • Stick held horizontal in front, at hips, palms facing body. • (I) lift stick up, over head, bringing stick down the back... slight backbend, looking up, back of neck strong and long. • (E) circle stick back to front at hips <p>Repeat *** then 2nd side</p>
<p>Resting Position</p> <p>9. Honoring the Earth or Gaia:</p>  <p><i>Note * if high blood pressure, glaucoma or straining in the back don't bring head below heart</i></p>	<p>Feet hip width</p> <ul style="list-style-type: none"> • Stick held horizontal in front, at hips, palms facing body. • (I) stretch up lifting stick over head • (E) with strong back, belly supports spine, stretching forward and down • NO straining, knees soft, but energetically strong, muscles drawing energy to the bones to protect hamstrings <p>Repeat ***</p>
<p>Resting Position</p> <p>10. Side Bending 1</p> 	<p>Feet hip width</p> <ul style="list-style-type: none"> • (I) lift stick up over head <ul style="list-style-type: none"> - anchor L heel, stretch L side • (E) bend to the right, push stick out • (I) center: <ul style="list-style-type: none"> - anchor R heel, stretch R side • (E) bend to the left • (I) center, stick overhead • (E) stick down to hips <p>Repeat ***</p>
<p>Resting position</p>	

Cynthia Maltenfort

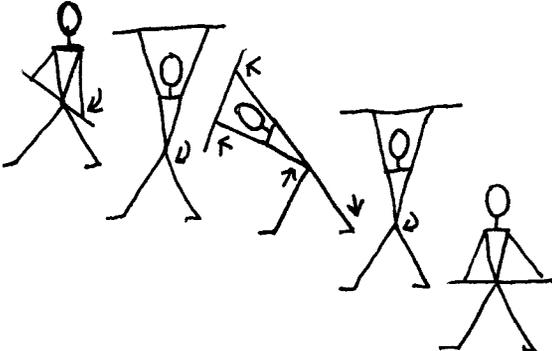
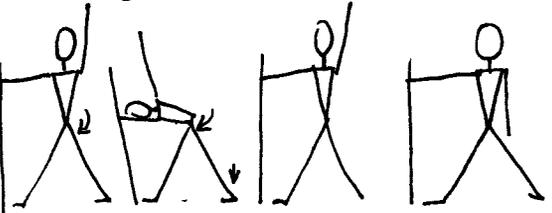
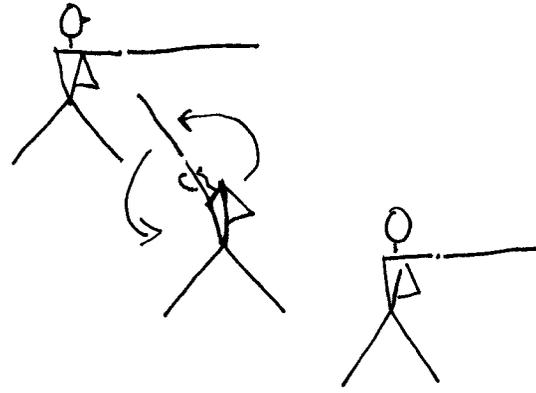
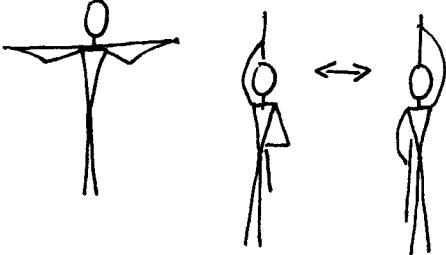
<p>11. Side Bending 2</p> 	<p>Feet hip width Anchor stick to the R, arm extended out</p> <ul style="list-style-type: none"> • (I) lift L arm up - anchor L heel, stretch L side • (E) bend to the right, pushing stick out with R hand, stretch L over • (I) up to center • (E) L arm down <p>Repeat *** then switch sides, bending to L</p>
<p>Resting position</p> <p>12. Side Bending 3 'The King Swan Flying'</p> 	<p>Feet wide</p> <ul style="list-style-type: none"> • (I) stretch stick up arms wide, looking at R end of stick • (E) bring R end across and down L sweep L end of stick down/up to R under R arm pit. • R arm extended out overhead to L L arm extended across chest to R • (I) bring stick up, arms wide • (E) stick down in front of hips • switch sides • (I) stretch up • (E) L end down across to R etc. <p>Repeat alternating side ***</p>
<p>Resting position</p> <p>13. Looking Back at the Heel</p> 	<p>Feet wide: Stick across hips, arms straight, palms facing body</p> <ul style="list-style-type: none"> • (I) stretch stick and body up • (E) turn feet to L, plant stick on Left, as you bend L knee to lunge, look back at R heel. • (I) Center – lift stick over head, stretch up • (E) lower, stick down across hips. <p>2nd side,</p> <ul style="list-style-type: none"> • (I) stretch stick and body up • (E) turn feet to R, lunge - planting stick etc. • <p>Repeat ***</p>
<p>Resting position</p>	

Cynthia Maltenfort

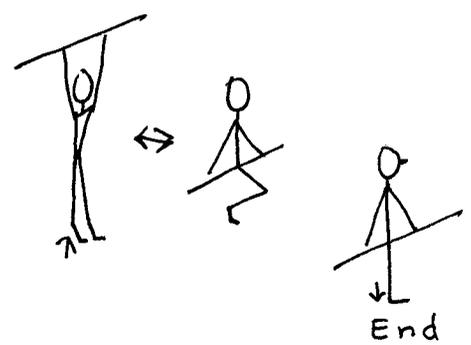
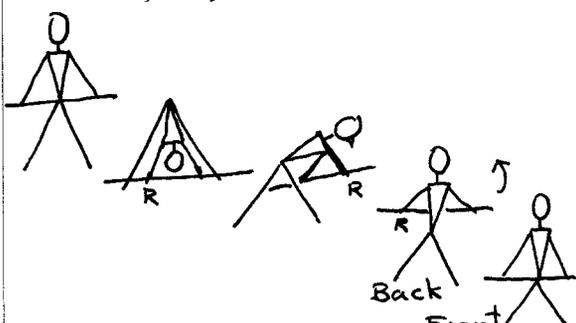
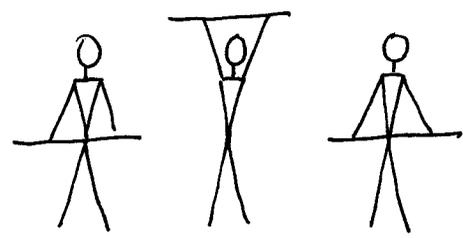
<p>14. Twisting 1</p> 	<p>Feet wide</p> <ul style="list-style-type: none"> • Hold stick horizontally across top of shoulders • Elbows bent, wrists and hands resting on ends of stick, arms relaxed • (I) as you turn left • (E) center • (I) as you turn right • (E) center <p>Repeat ***</p>
<p>Resting position</p>	
<p>15. Twisting 2 - Windmill</p> 	<p>Feet wide</p> <ul style="list-style-type: none"> • Hold stick horizontally across top of shoulders, same as above • (I) as you turn left, lifting torso up • (E) bring R shoulder toward L knee • (I) up to center, turning right • (E) bring L shoulder toward R knee <p>Repeat ***</p>
<p>Resting position</p>	
<p>16. Twisting 3 - Watching the ½ Moon</p> 	<p>Feet wide</p> <ul style="list-style-type: none"> • Stick held horizontal at hips • Arms straight, palms facing body • Looking up to L • (I) Twist to L from deep inside <ul style="list-style-type: none"> - Swing R end of stick up to left, - Wrapping stick around, to the back and then vertical - Look up to the moon, slight backbend • (E) center • (I) Twist to R, swing L end of stick up and warapping around to vertical • (E) center <p>Repeat ***</p>
<p>Resting position</p>	

<p>17. Warrior 1 Sequence</p> 	<p>Step R foot Forward</p> <ul style="list-style-type: none"> • (I) Warrior 1: anchor back heel, bend front knee, raise stick • (E) Arms down, straighten front leg <p>repeat 3x's</p> <ul style="list-style-type: none"> • (I) lift back heel up, stick at hips • (E) lower heel, stick at hips <p>repeat 3x's</p> <ul style="list-style-type: none"> • put together: W1 and heel lift- 3x's <p>Repeat sequence with L foot forward</p>
<p>Resting position</p>	
<p>18. Grounded Kicking</p> 	<p>Step R foot back to lunge</p> <ul style="list-style-type: none"> • Stick help horizontal in front, anchored in hip crease. • Hands wider than shoulders, palms facing body • (I) Kick R foot up • (E) Step R foot back to lunge <p>Repeat *** then switch sides</p>
<p>Resting position</p>	
<p>19. Kicking Towards the Sky</p> 	<p>Step R foot back to lunge</p> <ul style="list-style-type: none"> • Stick help horizontal in front • hands wider than shoulders, palms facing body • (I) raise stick, stretch, bringing stick behind back, with a little backbend, opening to Heaven • (E) kick R foot forward, stick high • (I) big step back to Lunge, stick down to starting position <p>Repeat *** then 2nd side...</p>
<p>Notice differences in the body R and L</p>	
<p>Resting position</p>	
<p>20. Kicking Left, Kicking Right</p> 	<p>Feet wide: Stick held horizontal at hips</p> <ul style="list-style-type: none"> • Arms straight, palms facing body • (I) stretch up lifting stick over head R end stretches back a little • (E) R end moves diagonally down to the left and back, as you kick the L foot forward (slightly to R) swiftly, with intention. • 2nd side (I) stretch up, L end to right. R leg kicks <p>Repeat *** alternating sides</p>
<p>Resting position</p>	

Cynthia Maltenfort

<p>21. Triangle Flow: stick over head</p> 	<p>Feet wide: turn Toes to R</p> <ul style="list-style-type: none"> • Use stick as guide to turn L hip in and square shoulder forward, find the twist deep in the spine • (I) anchor, stretch stick up • (E) 1/3 the way into Triangle to R • (I) back up • (E) stick back down <p>repeat 3x's to R... then 3x's to the L</p>
<p>Resting position</p> <p>22. Triangle flow: stick to side</p> 	<p>Feet wide: turn toes to R</p> <ul style="list-style-type: none"> • Use stick as guide to turn L hip in and square shoulder forward • plant stick out to R, arm extended • (I) anchor, stretch L arm up • (E) into Triangle push stick away • (I) back up, L arm out • (E) L arm down <p>Repeat 3 x's to R then 3x's to L</p>
<p>Resting position</p> <p>23. Tortoise Plays with the Magic Sword</p> 	<p>Feet Wide:</p> <ul style="list-style-type: none"> • Stick extended out in front (at neck level) with R hand • L Hand behind back, soft fist • (I) watch the "sword" going around to the back over your head to keep the head out of the way as it passes. (slight back bend) • (E) Circle around to the front. • about 5 x's clockwise.. then 5 x's counter clockwise (or 10, 15 x's) • switch to the L hand... repeat #
<p>Resting position</p> <p>24. Stimulating the Organs</p> 	<p>Feet together</p> <ul style="list-style-type: none"> • Place stick across shoulders • (I) bring R arm up (stick to vertical behind back) • (E) rotate stick to bring L arm up (stick to vertical behind back) • feel the stretch in the body opening the chest <p>Repeat ***</p>
<p>Resting position</p>	

Cynthia Maltenfort

<p>25. Farmer Working in the Paddy Field</p> 	<p>Feet hip width: heels LIFTED through out</p> <ul style="list-style-type: none"> • (I) stretching up on toes, stick over head • (E) bending knees, keeping back straight, rotate stick to hips, begin to lower down • (I) stretch up, arms and stick up • (E) lower (several times) • eventually getting lower and lower, but never bringing your hips lower than your knees
<p>Resting position</p> <p>26. Moving the Whole Body: <i>circular rotation of body and stick</i></p> 	<p>Feet Wide, stick across hips</p> <ul style="list-style-type: none"> • (I) centering • (E) bend forward • (I) rotate the R end of stick across and up to the L going to horizontal behind the back • (E) continue rotating the L end of the stick over to the R and back to the front <p>Repeat *** Then rotate in the opposite direction</p>
<p>Resting position</p> <p>27. Rowing to The Other Shore: calming</p> 	<p>Step L foot forward</p> <ul style="list-style-type: none"> • Plant stick forward to left, R hand on top. • (I) push stick forward and around to L, shifting weight forward to L foot • (E) bring stick back, shifting weight back on to R*foot • continue 'rowing' several times then switch directions <p>Repeat with R foot forward</p>
<p>Resting position</p> <p>28. END: Regulating the breath</p> 	<p>Feet together or hip width</p> <ul style="list-style-type: none"> • Stick held horizontal at hips • Arms straight, palms facing body • (I) raise stick over head... full stretch • (E) lower stick to hips • on (I) shift wt. to balls of feet • on (E), bend knees shift wt. to heels <p>Repeat ***5, 10, or 20's</p>
<p>BOWING: hands to heart, stick across</p>	<p>Honoring All</p>



Cynthia Maltenfort