

## QIGONG FOR MINDFUL STRESS RELIEF

(I) = Inhale (E)= exhale

1. OPENING MOVEMENT: Hands on lower Dantien:
  - a. Circles, several x's one way: demo hands moving no body - show body moving
    - i. (I) feel a rising up (not knees), more like lifting out of pelvis
    - ii. (E) a settling down
  - b. Reverse direction
2. GATHER QI -
  - a. Circle hands out and up - gathering Qi as the sweep, bring down - feeling it pass through the body - along body (elevator hands) , into the earth, bending only as far as comfortable - releasing areas of congestion, back, legs, neck etc.
  - b. All the way to feet - palms face earth sweep hands around connecting with earth energy (color texture etc.) then focus on gathering this energy from the earth, drawing it up into and around the body.
  - c. Hands pause at middle Dantien (the Heart/Mind center). Palms facing upward, spreading out to the sides - supporting and opening the heart space)
  - d. When arms are out stretched to the sides begin gathering Qi reaching up towards the sky bringing the hands over the head palms facing down... to begin flowing the Qi around and through you.
3. PURIFY QI (From 10 phases) - Clearing the space around you and within.
  - a. Begin relaxed with hands in prayer near heart/mind center (I)...
  - b. (E) Push hands out to the sides with intention, wrists flexed  
(I) Relax the hands back in
  - c. (E) Push hands up over head, palm face the ceiling  
(I) Relax back in
  - d. (E) Push out I front, palms face away, wrists flexed  
(I) Relax back in
  - e. (E) Push down towards the Earth, palms facing down, wrists flexed.  
(I) Relax back in
  - f. Repeat at least 3x's
4. WAVE ON THE OCEAN
  - a. Step feet wider, bend knees slightly lowering Dantien closer to the floor.
  - b. Hands hold an invisible ball of Energy in front of you by lower Dantien - *(take a moment to sense it)*
  - c. Shift your wt. to the R moving the hands up to one side - shoulder height or higher *(focusing on the space between the hands)*.
  - d. Move your hands (and the energy) back down to the middle *(moving down)*...

- e. Then begin to rise as the energy ball rises up to the left side. (*legs straighten*) - feel the rising and falling like a wave as you move from side to side
  - f. Rouge wave: one hands rises quickly up the middle (fingers pointed up), then circles behind, gathering Qi to help you return back to the balanced motion side to side. (*Helping us to get comfortable with things disturbing our peace, and knowing that we can regain it*)
  - g. Like life we maybe smooth sailing for awhile, then another things comes along to disturb the peace... but again we can gather resources to help us return to the balance of energy rising and falling.
  - h. 2 purposes to the movement – holding a mindful focus on the space between the hands, and the ability to ‘ride the waves’ when patterns in your life changes.
  - i. Practice an even or un-even number of rough waves... repeat sides... change it up... teaching that we never know what is coming but we can gather what we need to regain our balance.
5. FLOWING WITH LIFE – Balancing: like “Rivers flowing” from the 10 Phases Turning feet to R – shift weight forward and back from Dantien,
- a. Exhale: palms turn out, move forward with body to release, what you are ready to let go of, knowing that it is safe to move on.
  - b. Inhale: palms face you, bringing in whatever you need to move on.
  - c. Repeat several times, then come back to center, pause, then turn feet to the Left and repeat the flow in and out an equal number of times.
6. CALM AT THE CENTER 7 precious gestures
- a. Stand grounded with elbows bent by sides, hands in gentle fists, palms facing up,
  - b. Twist to one side – for example twist Left, Right arm extends diagonally to L, palm opens as if you were looking into a mirror, have it a little lower than the eyes so tension doesn't build in shoulders (shoulders down, elbows relaxed),
  - c. Keep looking into your palm focusing on the palm, as the body turns. (the center of the palm is called the Lao Gong point – Place of Merit: - Qi from the heart moves through the arms into the palm)
7. CLOSING MOVEMENT: returning to the circles around the Dantien.

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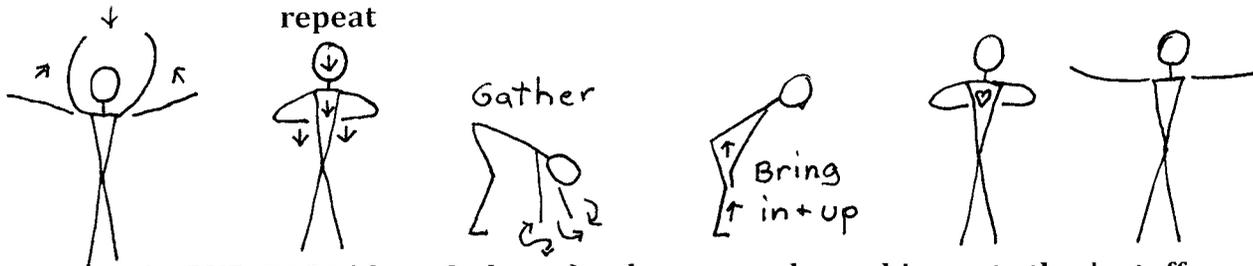
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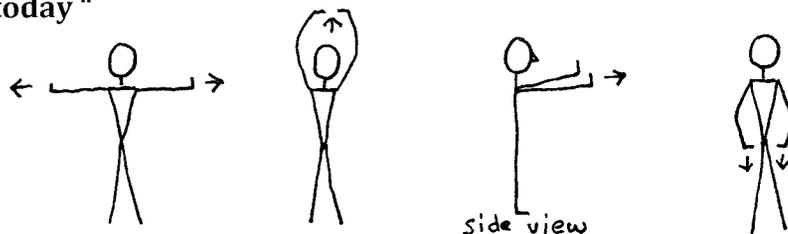
**1. OPENING MOVEMENT: circles on dantien**  
8x's in both directions



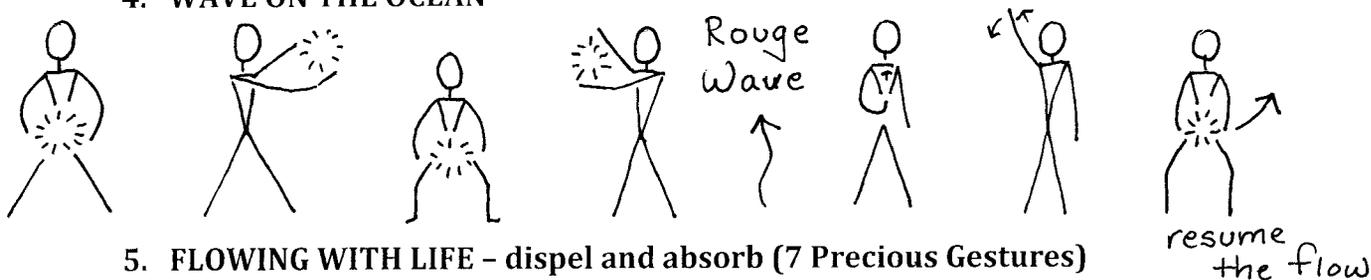
**2. GATHER QI - forward bend (bringing down thru and around)**  
Gather... bring to HEART palms up, SPREAD OUT, gather up... repeat



**3. PURIFY QI ( from 9 phases) - clear around - pushing out other's stuff**  
"not today"



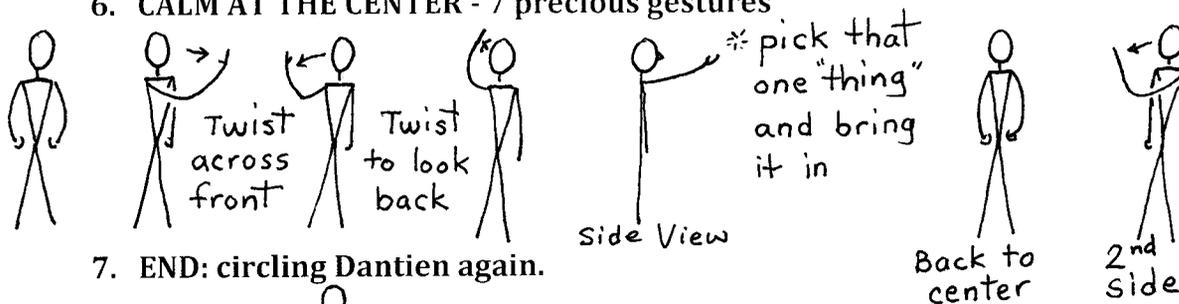
**4. WAVE ON THE OCEAN**



**5. FLOWING WITH LIFE - dispel and absorb (7 Precious Gestures)**



**6. CALM AT THE CENTER - 7 precious gestures**



**7. END: circling Dantien again.**

