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### Qi Gong Exercises

#### Harmonising the Qi

- Stand in natural stance
- Focus on your breathing – long, steady, slow breaths
- Calm the mind
- Bring your arms in front, palms facing up
- Slowly raise your hands to chest height
- Turn your hands over so that the palms face down
- Slowly lower hands to the level of the tan tien

#### Double hands hold up the heavens

- Stand in natural stance, arms by your sides
- Link your fingers together, palms facing up
- Slowly raise your hands above your head, push palms up towards the sky
- Slowly lower hands back to starting position
- (As you raise your arms up, lift heels - optional)

#### Raising and lowering the legs

- Stand in natural stance
- Shift weight to right leg and pivot on ball of left foot to the corner
- Simultaneously raise and lower your left knee and hand
- Repeat seven times on each leg

#### Circling Arms

- Stand in natural stance
- Circle arms clockwise, shifting weight to alternate sides whilst turning hips
- Repeat other direction

#### Pushing a door

- Stand in back stance, right leg forwards
- Push palms forward as you move your weight onto front leg
- Move weight back pulling the arms towards you

#### Seven stars

- Stand in back stance, right leg forwards
- Bring right hand up to head height, fingers of left hand pointing to opposite wrist, thumb side up of both hands
- Hold for 1 minute
- Repeat on other side

## Cloud hands

- Stand in horse stance
- Begin with right hand at head height, left hand in front of tan tien
- Slowly turn to the right 45° using your waist/hips
- Facing the corner, turn your right palm down
- Reverse hand positions
- Turn upper body to the left corner
- Facing left corner, turn left palm down
- Reverse hand positions
- Repeat movements above, continuously revolving arms

## Holding a tree

- Stand in natural stance
- Align the body
- Slowly bring both arms up to form an open circle in front of your chest, palms turned inwards, elbows slightly lower than your wrists, fingertips one fist width apart
- Hold for 1 minute to start with

## Embracing arms

- Stand in back stance, right leg forwards
- Move weight forwards circling arms (shoulder height) to the front with palms down
- Move weight back bringing hands back to tan tien, palms up

## Circle arms and twist body

- Stand in natural stance
- Slowly turn to side whilst raising arms in line with your shoulders
- Make sure there is no strain from the shoulders as you lift
- Alternate each side

## Bow down, look up

- Begin in natural stance
- Slowly raise arms above head
- Lower body down into a squatting position, drawing the arms down and slightly behind
- Straighten body up
- Begin to bend knees slightly and lean back, opening the arms out
- As you straighten up again, bring the arms together above the head as before
- repeat

## Pushing mountains

- Stand in horse stance
- Bring your fists to hips
- Push right palm out, sink weight
- Bring right hand back to hip, closing once again to fist and raise body
- Repeat other side

## Opening and closing the Tan Tien

- Stand in natural or horse stance
- Bring both hands up in front of chest, palms facing each other
- The palms pull away from each other, imagine both hands tied together with an elastic string
- The palms press back together again as though squeezing a balloon
- Repeat this movement 18 times

#### Gathering Qi

- Stand in natural stance
- Raise both hands along the side of the body, until they meet in front of the head
- Lower the hands down the centre of the body