

Simple Qigong 20 min. - this can be done standing or sitting

1. Lifting Hands (repeat 8 times - approx. 1.5 min.)  
Inhale lifting palms facing down (~5 sec.), Exhale floating hands down (~5 sec.)
2. Raising Hands (repeat 8 times - approx. 3 min.)  
Inhale hands w/ fingertips touching, palms facing up, raise to heart level  
Exhale rotate hands, palms up, raise above head, fingertips remain touching  
Inhale rotate hands, palms downward, lower to heart level  
Exhale palms down to level in front of dan tien
3. Separating Hands (repeat 8 times - approx. 3 min.)  
Inhale hands palms up w/ fingertips touching, raise to heart level,  
Rotate one hand palm up, the other palm down  
Exhale - palm up hand pushes up, the other hand presses down directly in front (not diagonal)  
Rotate hands so palms face each other  
Inhale - bringing both hands toward each other to heart level as if pressing together  
Rotate the hand with palm facing up and let hands pass each other in front of the heart  
Exhale - extend the arm, hand palm up, extend the other arm, hand palm down  
(end repetition with both hands palm down at heart level and lowering to dan tien)
4. Spreading Hands (repeat 8 times - approx. 1.5 min.)  
Inhale hands to side - bring in front and cross at wrist at heart  
Exhale raise shoulders and elbows above head, then open arms outward and down
5. Gathering Hands (repeat 8 times - approx. 3 min.)  
Inhale raise hands from the sides, palms down, out to the side at shoulder height  
Exhale rotate hands palms up and lift until fingertips touch overhead  
Inhale lower hands fingertips touching down the front of the body to heart level  
Exhale lower hands to dan tien with fingers touching, and release arms back to sides
6. Pressing Hands (repeat 8 times - approx. 3 min.)  
Inhale scoop to the front, bending arms at the elbows so the hands come up facing the heart  
Exhale open elbows out pressing hands and palms outward to each side  
Inhale sweep arms forward in an arc as if gathering so fingertips touch in front of the heart  
Exhale rotate hands palms down, lower and release to sides
7. Pushing Hands (repeat 8 times - approx. 3 min.)  
Inhale scoop to the front, bending arms at the elbows so the hands come up facing the heart  
Exhale rotate hands palms facing outward, push forward extending the arms  
Inhale rotate hands so fingertips touch palms facing in, gather towards heart  
Exhale rotate hands palms down, lower and release to sides
8. Splitting Hands (repeat 8 times - approx. 3 min.) - this is like 3, but hands now go toward diagonals  
Inhale hands palms up fingertips together lift to heart level  
Rotate hands so palms point to opposite diagonal  
Exhale extend arms to the diagonal pressing palms away from each other  
Inhale rotate palms to face each other, bring hands inward towards each other to heart  
Exhale rotate hands so palms point away to the other diagonal, extend outwards  
(end repetition with both hands palm down at heart level and lowering to dan tien)

Energizing Qigong - energizing to stillness - these are quick practices that will bring energy and also help clear the mind

1. Trembling Horse (3 to 5 times)

shaking hands, arms, feet, legs, and head - release and blowing out like a horse

2. Three-part Inhale Conductor Pose (3 to 5 times)

stand arms at side - first inhale, lift hands up, bending at elbows in front of face

second inhale, arms expand outward (like opening up for a big hug)

third inhale, arms come in front and hands lift above head

big exhale, sweep arms down to either side, allow body to round

3. Tapping the Body (once)

both hands: tapping the top of head, down cheeks, back of head, chin, neck, collar bone,

using one hand: continue down one arm, back up the other side,

switch hands, repeat the other arm

both hands: tap the ribcage, sides, belly

continue down one leg on either side, back up the front and back of the leg

repeat on the other leg

tap the lower back, kidneys, then the upper back and shoulders

(if appropriate, grab both shoulders with opposite hands and end in self-hug)

4. Balance pose - develop focus and concentration (once each leg, 30-90 sec. each)

stand on one leg (instruction: relax and soften the standing leg for better balance)

begin to lift the other foot off the floor (raise only to where it is comfortable and safe)

for greater challenge, lift the knee, and for even greater challenge, close the eyes

one needs to be relaxed and focused to stay balanced

are you breathing or holding the breath?

Try to do this for longer periods of time, so that this develops concentration and relaxation