

Qi-gong

Exercise 1: Climbing the mountain

While inhaling raise both hands and simultaneously bend your knees at an approximately 120° angle. Then let your arms come down slowly while at the same time straightening your knees to the original position while fully exhaling.



Exercise 2: Looking at the view

Repeat the first exercise outstretching your hands in a horizontal direction at the height of the second energy centre Dantien, which is level with your nipples. When returning your hands to the original position, straighten your knees and exhale fully.

Exercise 3: Rainbow in the sky

Lift slightly bent arms above your head and move them in a left to right direction. Simultaneously lift the corresponding heels. Start inhaling while your arms are on the left-hand side and exhale while your arms are on the right-hand side. This is repeated six times. Then the exercise should be repeated with inhalation occurring with the arms on the right-hand side and exhalation occurring while arms are on the left hand side. This is repeated six times.



Exercise 4: Moving the arms among the clouds and wind in the morning on a high mountain

Rotate your arms at your side and in front of your body. Inhale while moving your arms down until the point where they cross in front of your bent knees. Exhale while lifting your arms until the point where they cross in front of the head. At that point, look upwards.

Exercise 5:

Alternate your hand movements while turning your shoulders. On one side inhale and on the other side exhale.



Exercise 6: Rowing

Drop your arms downwards at the side of your body while gently bending your knees. While moving the arms downwards and forwards, exhale. Inhale while moving your arms backwards and upwards.

Exercise 7: Enjoyment of nature

Hands are at the waist with the palms facing upwards. Exhale while lifting your left arm in a forward and upward diagonal motion towards the right-hand side, simultaneously lifting the corresponding heel. When you reach the highest point, turn your hand downwards and gently make a fist. Begin to inhale and return to the original position. Repeat for the right hand.



Exercise 8: Gazing at the moon - Raising an imaginary ball above the head

Look upwards while turning the body to the left and the right. Inhale while gathering up the ball and exhale while lifting it and turning the body.

Exercise 9: Pushing leaves in front of the body

Hands are at the waist, fingers slightly bent, elbows back, push the left hand forwards and upwards and at that time exhale while looking at the space between the thumb and forefinger. Then with this hand grab the air and turn the palm upwards. While inhaling, return the air to the original position. Repeat while alternating hands six times.



Exercise 10: Removing the fog from the eyes - Smile

At the end of the ninth exercise turn the palm towards the face and while exhaling make a half twist to the other side. Your gaze is directed above the arm towards the distance. When your twist reaches the other side of your body, change arms and inhale while moving in the other direction. Repeat six times.



Exercise 11: Taking something out of a stream and looking at the sky

While inhaling, move the left foot forward. Bend down and forwards as if picking something up out of a stream. Make circular movements with your hands while your body follows along. Exhale while straightening up.

Exercise 12: Wave movements

Put your left foot forward with your weight on your right foot. At the beginning of the exercise lift your toes on your left foot and inhale. On exhalation move your weight from your right foot to your left foot. Lift the heel on your right foot and using both hands push air forwards at chest level. Exhale while bending your arms back towards your chest, inhale and again shift your weight to the right foot. On the sixth repetition change feet and repeat six times with the right foot forward.



Exercise 13: Feeling the vibration of deep breathing.

Begin as for the twelfth exercise lifting your arms to chest height in front of your body. While inhaling, horizontally move your arms backwards and place your weight on your back foot. Exhale while moving your arms back in front of your chest. Repeat the exercise six times for each foot.



Exercise 14: Striking out gently while in horse riding position

Place your feet shoulder width apart and make gentle fists with your hands at waist height. Push out the left hand in a forward motion to the height of the rib cage and breathe out. Turn the hand upwards and breathe in while returning it to the original position. Repeat the exercise six times for each hand.



Exercise 15: Flight of the wild goose

Make wave like movements by lifting your arms at the side of your body while bending your elbows and knees. Inhale while lifting your arms and unbending your knees.



Exercise 16: Wheel

With both arms make very wide circles going from left to right and then from right to left. Repeat this three times on each side. When lifting your arms inhale, when letting them down exhale.



Exercise 17: Walking while bouncing a ball

Lift your right arm and left leg as if bouncing a ball while walking. When you lift your arm inhale, when letting it down again exhale. The movements are relaxed and springy. The exercise is repeated six times.



Exercise 18: Pulling the energy ball through the body

Bend your knees and lean slightly forward to grab hold of an imaginary ball, while inhaling, lift it to the height of your eyes. When exhaling release it to a lower energy centre below the belly button.



At the end of the exercise session place your palms around your belly button so that it is encircled by your thumbs and forefingers. For women the right hand should be beneath the left, for men the left hand should be beneath the right.

With circular motions of the tongue, massage around the gums six times in both directions.



For a few minutes, place the hands on your rib cage while breathing deeply. Then do the same while the hands are on the kidney area. Exhalation should be at least one third longer than inhalation.

Rub your palms together and massage your face and scalp.



Conclude by massaging your ears.