

## Easy Qigong Warmup (6 Min)

### Wuji Posture

(Wu wei Chinese concept literally meaning "inexertion", "inaction", or "effortless action" - doing things more effortlessly - letting things happen the way they happen, not how you want them to happen. It means to let go of certain expectations, certain outcomes. To stop acting against the natural current of life.)

Swinging Arms In & Out - Across

Shoulder Circles Forward

Shoulder Circles Backwards

Look Side to Side

Looking Up & Down

Head Tilt Side to Side

Knocking on the Door of Life

Waist Circles (hips stationary) - Both Directions

Hip Circles - Both Directions

Bend Back then Forward (hang)

Circle Knees - Both Directions

Wrist & Ankle Circles - Both Directions

Playing the Piano

Bouncing