QIFLOW CARDS

QIGONG PRACTICE CARDS

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Card Colors

Informational - Gray

Breathing - Blue

Warm Ups - Red

Stretches - Yellow

Flows - White

Balance - Green

Endings - Purple

Routines - Orange

QiFlow Postures
YouTube Playlist
QR Links

Breathing

Flows

Warm Ups

Balance

Stretches

Endings

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QIFLOW CARDS - QIGONG PRACTICE CARDS

Qigong (pronounced “Chee gung”), a Traditional Chinese Medicine practice that combines movement, breathing, and meditation to improve health, fitness and well-being by moving universal energy (“Qi”) throughout the body. Qigong is composed of movements that are repeated a number of times and can be done by just about anyone. The movements are similar to stretching and light calisthenics.

Qigong is often referred to as a moving meditation practice.

The cards in this 108 posture card deck are divided into six areas of practice:

10 Breathing	12 Warm Ups
16 Stretches	40 Flows
20 Balance	10 Endings

These postures were chosen so that most individuals will be able to do them and most can even be done seated.

There are also two cards with 4 specially curated routines for Balance, Emotional Release, Sleep, and Tight Back based on the included posture cards.

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Using the Qiflow Cards

Choose one Breath card to start (or more if you have the time).

Then choose at least 2-3 Warm-Up cards.

Depending on your available time and needs, choose several cards from the Flows and Balance sections. HINT: For balance, focus on a single point about 8 - 12 feet in front of you.

Finally, pick 1-2 cards from the Endings group to finish the practice.

You may choose cards randomly or look for cards that speak to you at the moment.

Start your practice in the Wuji stance to align the body to allow the maximum flow of Qi.

Don't rush the practices and repeat them as often as needed.

Use only about 70% of present capacity, effort or range of motion. Don't extend yourself beyond your comfort zone and ability. You should never feel any pain or discomfort. If you do, limit or modify the movement to stay out of pain.

As with any exercise program, consult your physician to determine if Qigong is right for you before beginning the program.

The information in this program is not intended to diagnose any medical condition or to replace your healthcare professional.

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Breathing

1. 4-7-8 Breathing
2. Abdominal Breathing with Hands
3. Bone Breathing
4. Box/Square Breathing
5. Energizing Breathing
6. Fire Breathing
7. Kidney Breathing
8. Full Body Breathing
9. Wave Breathing (3 part breathing)
10. In In Out

Warm Ups

1. Circle Arms Forward & Back
2. Elbow Circles
3. Hip Rotation
4. Knee Circles
5. Lung Cupping
6. Opening the Kwa (Leg Gates)
7. Opening the Wrist Gates
8. Ringing the Temple Bell
9. Shaking
10. Tapping the Lower Body
11. Tapping the Upper Body
12. Wrist Circles

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STRETCHES

1. Bending & Twisting Like Bamboo
2. Chin Tucks
3. Dragon Spreads its Tail
4. Full Body Flow
5. Look Side to Side
6. Looking Up & Down
7. Lower Back Stretch & Massage
8. Nine Ghosts Drawing Swords
9. Picking Cherries
10. Rooster Spreads Its Feathers
11. Swinging Arms In & Out - Across
12. Twisting
13. Shoulder Rolls
14. The Arrow
15. The Pump
16. Wise Owl Looks Back

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FLOWS

1. Bear Swimming in the Ocean
2. Buddha Holds Up the Earth
3. Circulate the Qi
4. Cloud Hands
5. Connecting Heaven & Earth
6. Dan Yu
7. Flying
8. Heart to the Sky
9. Immortal Pushes the Stone
10. Igniting Inner Fire (Lao Gong Flow)
11. Lifting the Ball
12. Lifting the Sky
13. Lion Plays with Qi Ball
14. Looking Back at the Moon
15. Lung Flow
16. Healing Sounds
17. Making a Qi Ball
18. Moon Over the Lake
19. Opening the Door (Rise & Fall)
20. Rainbow Dance
21. Pebble in the Pond
22. Plucking a Star
23. Polishing the Table

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24. Prayer Wheel to Sides
25. Pressing the Palms
26. Punching with Fierce Eyes
27. Pushing the Waves
28. Quan Yin Paints the Rainbow
29. Release the Exterior
30. Repulse the Monkey
31. Rowing the Boat
32. Showering Qi
33. Tiger Emerging from a Cave
34. The Hermit & the Tide Pool
35. The Fountain
36. The Tiger
37. Tree Sways in the Wind
38. Turning the Wheel
39. Washing the Barrels
40. Zen Circle

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Balance

1. Ankle Circles (close eyes to increase difficulty)
2. Ankle Raises
3. Bouncing the Ball
4. Buddha Stomps
5. Cloud Walking
6. Crane Flying
7. Dancing Crane (side to side)
8. Golden Rooster Crows
9. Golden Rooster Stands on One Leg
10. Hip Swings - Swing Swing
11. Kicking to the 4 Directions
12. Leg & Body Circles
13. Leg Circles Forward
14. Lift Knee & Extend Toes
15. Martial Arts Knee Bend
16. Raise the Bubbling Spring (Hold Up the Heavens on Toes)
17. Soaring Crane (Flying)
18. Stepping Over the Stone
19. Swinging Legs
20. Tai Chi Kicks

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Endings

1. Balancing Heaven & Earth
2. Bamboo in the Wind
3. Bringing Down the Heavens
4. Centering
5. Clearing the Bai Hui
6. Clearing the Qi with Wrist Cross
7. Embrace the Tree
8. Gathering the Qi
9. Monk Holding the Pearl
10. Storing the Qi

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Wuji Stance

Start your practice in the Wuji stance (standing in relaxed stillness).

- Feet hips-width distance apart, feet flat on the floor, facing comfortably forward.
- Knees relaxed, slightly bent.
- Tailbone tucked, hips slightly forward, having a flat back.
- Top of the head lifted upward elongating the spine.
- Chin level and slightly tucked in.
- Shoulders relaxed with arms hanging slightly in front of the body.
- Breath in and out the nose.

  If that doesn't feel comfortable or the breath feels constricted, try to breath in through the nose and out the mouth.

  Breathing out of the mouth allows energy that is no longer needed to be recycled back into the earth.
- Sink into the stance and allow yourself to become still and grounded.

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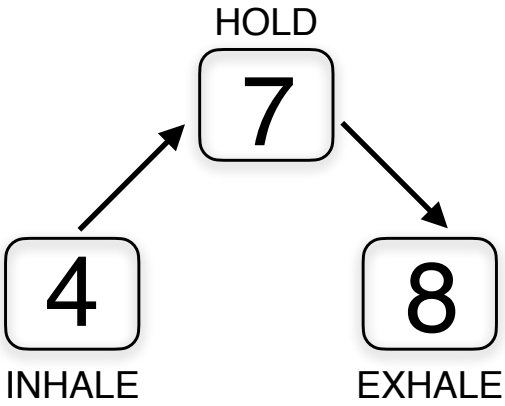
4-7-8 Breathing Br-1

1. Breathe in for 4 seconds.
2. Hold for 7 seconds
3. Exhale for 8 seconds.
4. Repeat to reduce anxiety or help get to sleep.



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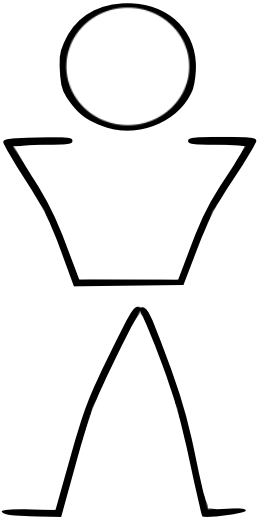
Abdominal Breathing with Hands Br-2

1. Place both hands on the abdomen.
2. Breathe in through the nose, letting the abdomen expand.
3. Breathe out through the nose, collapsing the abdomen.



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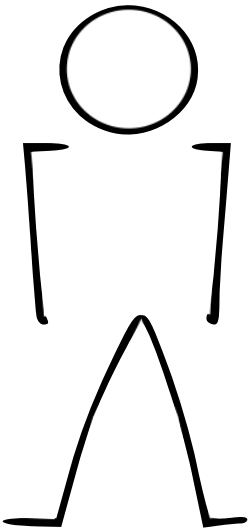
Bone Breathing

Br-3

1. Arms at the sides.

2. Breathe in through the nose visualizing the breath going into the entire skeletal system.

3. Breathe out through the nose visualizing grey smoke leaving the body.



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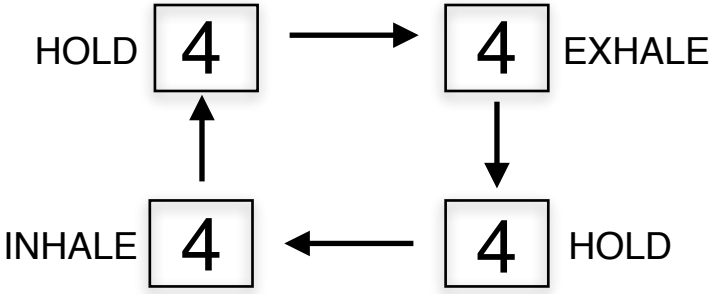
Box/Square Breathing

Br-4

1. Breathe in through the nose to a count of four.
2. Hold the breath for a four count.
3. Exhale through the mouth for a four count.
4. Repeat.



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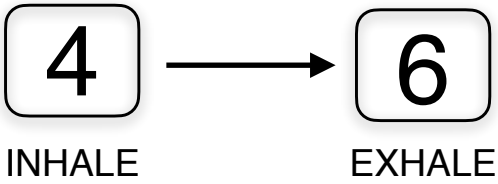
Energizing Breathing

Br-5

1. Place hands on the abdomen.
2. Breathe in through the nose to a count of four, allowing the waist to expand.
3. Breathe out through pursed lips to a count of six allowing the waist to contract.



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Fire Breathing

Br-6

1. Rapidly breathe in and out fully through the mouth about 6 times.
2. One short deep inhalation.
3. Exhale slowly & deeply through the nose for boosting energy.

6X

1. **FAST** DEEP INHALE EXHALE

BY MOUTH

1X

2. DEEP INHALE
3. **SLOW** DEEP EXHALE

BY NOSE

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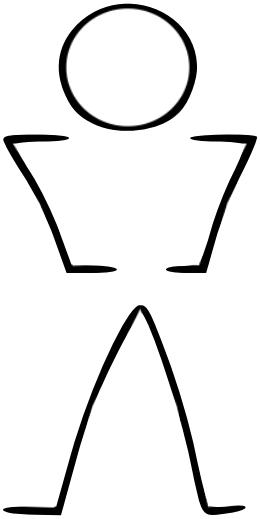
Kidney Breathing Br-7

1. Place the hands on the kidneys (lower back).

2. Breathe in through the nose visualizing the kidneys expanding.

3. Breathe out through the nose visualizing the kidneys contracting.



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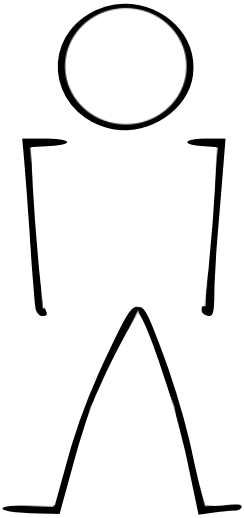
Full Body Breathing

Br-8

1. Arms at the sides.

2. Breathe in through the nose visualizing every cell is breathing and receiving new Qi.

3. Breathe out the nose visualizing grey smoke leaving the body.



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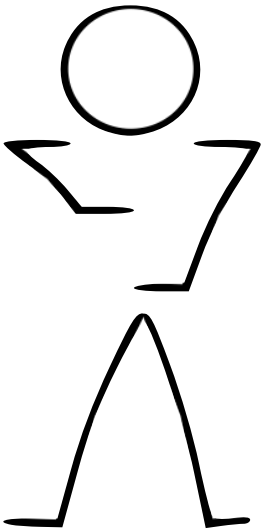
Wave Breathing (3 part breathing) Br-9

1. Place one hand on the chest and one hand on the stomach.

2. Breathe in through the nose feeling the abdomen, ribs, then chest expand.

3. Breathe out through the nose feeling first the chest then the ribs, then the abdomen relax towards the spine.



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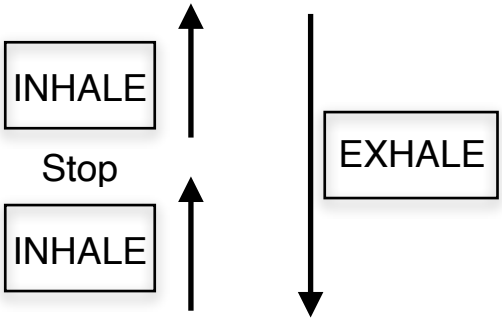
In In Out Br-10

1. Place the hands in front of the abdomen, palms up.

2. Breathe in through the nose and raise hands halfway up the torso, palms up.

3. Breathe in again through the nose and continue to raise the hands to chest level.

4. Exhale through the mouth while lowering hands palms down to the level of the abdomen.



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Circle Arms Forward & Back

W-1

1. Both arms overhead, rotating or circling forward several times.

2. Repeat in the opposite direction several times.

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Elbow Circles

W-2

1. Hold the arms up to the sides away from the body.
2. Circle your arms from your elbows one direction several times.
3. Circle your arms from your elbows in the opposite direction several times.

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Hip Rotation

W-3

1. Place hands on hips with elbows out.
2. Move the hips in a circle one direction for several times.
3. Circle your hips in the opposite direction several times.

Optional extension: Move the hips in a figure 8 pattern.

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Knee Circles

W-4

1. Legs about shoulder width apart, palms above the knees with fingers covering the kneecaps.

2. Circle the knees forward and outward several times.

3. Repeat in an inward direction.

Optional extension: Move the feet close together and rotate both knees together in one direction then the other.

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Lung Cupping

W-5

1. Stand with feet slightly wider than shoulder width.

2. Place arms in front of the shoulders with relaxed fists.

3. Exhale through the mouth while bending at the knees, moving the hips back and swinging the arms down and behind.

4. Inhale through the nose rising back up, moving the hips forward, swinging the fists up, and striking just inside the front of the shoulders with the thumbs.

5. Repeat several times.

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Opening the Kwa (Leg Gates) W-6

Using a loose fist, tap up and down the crease (inguinal groove) where the legs join the torso.

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Opening the Wrist Gates

W-7

1. Flap the hands at the wrists up and down, palms down.

2. Flap the hands at the wrists up and down, palms up.

3. Close both hands in fists and knock the outsides of the fists (palms up) together several times.

4. Knock the base of thumbs together several times.

5. Knock the area just below the wrists together several times with one arm below the other.

6. Switch the lower arm and repeat.

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Ringing the Temple Bell

W-8

1. Stand with feet slightly wider than shoulder width, knees relaxed.

2. Turn from the waist and let the momentum of the movement cause the arms to strike the body on the abdomen and small of the back.

Optional extension: Stand with feet wide apart and shift weight when turning to the side.

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Shaking

W-9

Bending up & down at the knees,
let the entire body relax & shake.

Optional extension: Turn from the waist
side to side while shaking.

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Tapping the Lower Body

W-10

1. Using a cupped hand, pat from the kidneys on the lower back.

2. Move down the outside of the legs, around the feet, up the inside of the legs to the leg crease.

3. Repeat several times.

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Tapping the Upper Body

W-11

1. Using a cupped hand, pat from the front inside of the shoulders.
2. Move down the inside of the arm, over the palm and fingers, up the outside of the arm to the base of the neck.
3. Repeat several times.
4. Repeat on opposite side.

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Wrist Circles

W-12

1. Hold the arms away from the body.
2. Circle the wrists several times in one direction.
3. Repeat circling in the opposite direction.

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Bending & Twisting Like Bamboo S-1

1. Intertwine fingers, palms up, by abdomen.
2. Breathe in through the nose raising the hands, rotating them in front of the face, palms facing up overhead.
3. Breathe out & lean to one side from the waist.
4. Breathe in moving back to the center.
5. Breathe out leaning to the opposite side.
6. Breathe in moving back to the center.
7. Breathe out turning at the waist to one side.
8. Breathe in to center.
9. Breathe out while turning to the opposite side.
10. Breathe in to center.
11. Breathe out while lowering the hands out to the sides.
12. Repeat.

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Chin Tucks

S-2

1. Breathe out while pushing the chin forward, hold for a couple of seconds.
2. Breathe in while pulling the chin back, holding for a couple of seconds.
3. Repeat as necessary.

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Dragon Spreads its Tail

S-3

1. Breathe in through the nose and draw the hands up the torso to the shoulder with palms facing the head.

2. Breathe out and push the hands away with the base of the hand, palms out while looking in the opposite direction.

3. Breathe in drawing the hands back to the shoulder while looking at the outer palm as it comes in.

4. Do several times, then repeat on other side.

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Full Body Flow

1. Feet wider than shoulder width apart.
2. Hands over the head holding the back of one hand with the other. Inhale.
3. Exhale: Hinge forward as low as comfortable with the arms extended and a flat back then bend the knees, dropping into more of a sitting position, and bring the hands towards the body.
4. Inhale: Straighten the knees while raising the hands up the front of the body and slightly behind the head.
5. Repeat several times.

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Look Side to Side

S-5

1. Gently turn the head side to side as far as comfortable.
2. Breathe out when turning to a side.
3. Breathe in to the center.

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Looking Up & Down

S-6

1. Breathe out and push with the chin up & out.
2. Hold for a couple of seconds.
3. Breathe in and push the chin down and out.
4. Hold for a couple of seconds.
5. Repeat as needed to loosen the neck muscles.

Do not tilt your head backwards.

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Lower Back Stretch & Massage

1. Place hands on hips with thumbs on the waist in back.

2. Breathe in and press thumbs in as hips move forward, leaning back.

3. Breathe out, release and reposition thumbs as hips go back, leaning forward.

4. Repeat moving thumbs to massage several areas of the lower back.

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Nine Ghosts Drawing Swords S-8

1. Feet slightly wider than shoulder width apart, knees relaxed.
2. Hands separated one over the other, palms facing each other.
3. Inhale and extend the arms diagonally across the body.
4. Move the lower hand going down the upper hand going up.
5. Exhale and circle the arms, raising the lower hand over the head with fingertips touching the opposite side ear.
6. The upper hand moves to the small of the back, palm outward.
7. Inhale while looking over the shoulder of the raised arm and moving the raised elbow up and back as far as comfortable.
8. Exhale and allow the raised elbow to drop down diagonally crossing the body, bending the knees, to a point as low as comfortable.
9. Inhale raising the elbow back up diagonally.
10. Continue several times.
11. Switch sides.
12. Repeat several times.

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Picking Cherries

1. Place the hands in front of the head, palms facing each other, bend the knees and tuck in the tail bone.

2. Reach upwards rotating one hand as if trying to pick cherries from the highest part of the tree while leaning to the side opposite the picking hand.

3. Back to starting point.

4. Repeat alternating hands.

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Rooster Spreads Its Feathers

S-10

1. Place the four fingers of each hand on the thumbs and press the combined fingers and thumb into the soft area just below the shoulders.

2. Circle the elbows in one direction several times.

3. Repeat in the opposite direction.

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Swinging Arms In & Out - Across S-11

1. Exhale, sweep the arms across the body as if in a big hug.

2. Inhale, sweep the arms to the sides as far as comfortable.

3. Hug the body again switching the arm that is on top.

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Twisting

S-12

1. Placing one hand on the back, palm out, fingers up.
2. Raise the opposite hand away from the body in front of the shoulder, palm towards the body.
3. Exhale: Slowly turning from the waist towards the side the palm is facing.
4. Inhale: Slowly turning back to starting position.
5. Move back and forth slowly several times.
6. Repeat with opposite arm in front.

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Shoulder Rolls

S-13

1. Arms at the sides.
2. Circle the shoulders in one direction several times.
3. Circle the shoulders in the opposite direction.

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The Arrow

1. Feet close together, knees relaxed.
2. Hands interlocked in front of the chest with index fingers pointed upward.
3. Inhale: Rise up, raising the hands up toward the sky and slightly back, pushing hips forward.
4. Exhale: Bend the knees with hands behind head, fingers still interlocked.
5. Inhale: Rise up, raising the hands up toward the sky and slightly back, pushing hips forward.
6. Repeat several times

Optional extension: Lift heels & rise up on toes when reaching up.

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The Pump

S-15

1. Inhale: Arms swing forward and up over the shoulders. hips move forward.

2. Exhale: Bend the knees, hips go back as the arms drop down and go behind the back.

3. Inhale: Straighten up while hips forward, swinging the arms forward and back up over the shoulders.

4. Repeat several times.

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Wise Owl Looks Back

S-16

1. Stand with feet shoulder width apart, arms at the sides away from the body, with outstretched fingers, palms facing the floor.

2. Inhale: Rotate the head in one direction to look over the shoulder as the thumbs turn up and back, twisting the entire arms and pulling the shoulders back.

3. Exhale: otate the head back to looking forward, with the palms facing the floor, returning to the staring position.

4. Inhale: Rotate the head in opposite direction to look over the shoulder as the thumbs turn down and back, twisting the entire arms and pulling the shoulders back.

5. Exhale: Rotate the head back to looking forward, with the palms facing the floor, returning to the staring position.

6. Repeat several times.

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Bear Swimming in the Ocean F-1

1. Feet wider than shoulder width apart, arms extended forward with palms up.

2. Inhale: Rotate the palms facing outward with thumbs facing down and sweep the hands out to the sides at shoulder height.

3. Exhale: Spiral the hands under the arms then sweep the hands forward, palms up.

4. Repeat several times.

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Buddha Holds Up the Earth

1. Feet shoulder width apart, hands in front of the abdomen, palms up with fingers facing each other.

2. Inhale: Slowly raise the hands up in front of the body, fingers tips roughly facing each other, to overhead, rotating the palms in front of the face.

3. Exhale: Turn palms down and float down the front of the body.

4. Repeat several times.

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Circulate the Qi

1. Feet shoulder width apart, hands in front of the abdomen, palms up.

2. Raise one hand up the centerline of the body to chest height.

3. Rotate the hand, palm forward and push it outward.

4. Lower the hand downward and back to in front of the abdomen while raising the opposite hand up the centerline and forward a.

5. Continue to move the hands in a circular pattern, as one goes up the other goes down.

6. Repeat several times.

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Cloud Hands

1. Feet slightly wider than shoulder width apart, knees relaxed.

2. Arms up and rounded at chest height with the palms facing the chest.

3. Float one arm down.

4. Inhale: Shift the weight to the upper arm side and turn slightly from the hips as the arms sweep across the front of the body to the opposite side.

5. Exhale: Switch arm positions, shift weight to upper arm side and turn slightly from the hips as the arms sweep across the front of the body to the opposite side.

6. Slowly repeat several times.

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Connecting Heaven & Earth F-5

1. Feet shoulder width apart, knees relaxed, with hands in front of the abdomen.
2. Place one hand down, palm down, below abdomen.
3. Place the other hand slightly above it, palm up.
4. Inhale: Raise the top hand up the centerline of the body to overhead, rotating the hand in front of the face to palm upward.
5. Push the two hands apart and connect to the earth and universe energies.
6. Exhale: Rotate the hands with the pinky fingers facing the body and sweep the hands to in front of the chest, back of the hands facing.
7. Inhale: Continue to move the hands, ending with the opposite hand overhead, palm up, and the opposite hand in front of the abdomen, palm down.
8. Repeat several times.

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1. Feet slightly wider than shoulder width apart, knees bent as far as comfortable.

2. Arms lowered in front of the body.

3. Inhale: Sweep the extended arms upward to about the level of the head, palms up, straightening the knees, but not locking them.

4. Exhale (forcefully): Sweep the extended arms downwards, palms down, as far as comfortable.

5. Repeat several times.

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Flying F-7

1. Feet slightly wider than shoulder width apart, knees relaxed.

2. Hands down by the sides of the body.

3. Inhale: Float the arms upwards along the sides no higher than shoulder height as if there is a string tied to the wrists gently pulling the arms up along the sides.

4. Hands and fingers relaxed.

5. Exhale: Float the arms down along the sides.

6. Repeat several times.

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Heart to the Sky F-8

1. Feet slightly wider than shoulder width apart, knees relaxed.

2. Hands in front of the chest palms together, prayer position.

3. Look forward.

4. Inhale: Move the arms out to the sides slightly higher than the shoulders, palms down.

5. Exhale: Sweep the arms back towards the center of the chest into prayer position.

6. Repeat several times.

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Immortal Pushes the Stone

1. Feet slightly wider than shoulder width apart, knees relaxed.

2. Place the one hand forward in front of the chest, palm facing forward

3. Place the opposite hand back to the side, elbow bent, palm up.

4. Inhale: Look towards one side with the hand that is back.

5. Exhale: look forward while pushing the back hand forward, palm forward, and move the forward hand back to the side, palm up.

6. Inhale: Look towards one side with the hand that is back.

7. Repeat side to side several times.

Optional extension: Can be used with the Healing Sounds. Do at least three rounds for each sound.

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Igniting Inner Fire (Lao Gong Flow) F-10

1. Feet wider than shoulder width apart, knees relaxed.
2. Place hands together in prayer position, one palm over the other, elbows down and across from each other.
3. Turn the hands so that one is on the outside and rotate the elbows, outside hand elbow down, inner hand elbow up, rubbing the palms together.
4. Shift the elbows back and forth creating heat in the palms.
5. Drop down and shift the weight to the side with the lifted elbow.
6. Lift up and to the side into the raised elbow.
7. Drop down and shift the weight to the opposite side while reversing the elbows and palms.
8. Lift up and to the side into the raised elbow.
9. Repeat several times.

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Lifting the Ball

1. Inhale: Bring one hand across the body diagonally and raise it as high as comfortable to the opposite side, palm up.

2. Exhale: Rotate hand to palm down and float the hand back down to the starting point.

3. Repeat on opposite side.

4. Repeat several times.

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Lifting the Sky

1. Feet slightly wider than shoulder width apart, knees relaxed.

2. Place hands palm up, fingertips facing by the abdomen.

3. Inhale: Raise the hands slightly and interlace the fingers.

4. Exhale: Turn hands palms down, pushing the interlaced hands downward.

5. Inhale: Lift the straight arms up over the head, pushing the interlaced hands upward.

6. Exhale: Untwine the fingers and float the arms out and down along the sides to the starting position.

7. Repeat several times.

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Lion Plays with Qi Ball

1. Feet wider than shoulder width apart, knees relaxed.
2. Bring the rounded arms in front of the body as if holding a ball.
3. Move the hands as if conscientiously spinning the ball towards the body.
4. Repeat several times.
5. Reverse direction, conscientiously spinning the ball away from the body.
6. Repeat several times.

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Looking Back at the Moon

1. Feet slightly wider than shoulder width apart, knees relaxed.

2. Hands in front of the abdomen, palms facing as if holding a ball.

3. Inhale: Watching the hands, shift the weight to one side and turn slightly from the waist to that side while lifting the hands, over and slightly behind the shoulder, palms continuing to face each other.

4. Exhale: Turn back to the front as the hands lower to in front of the abdomen, palms continuing to face each other.

5. Repeat on the opposite side.

6. Repeat several times.

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Lung Flow

1. Feet slightly wider than shoulder width apart, knees relaxed.
2. Extend arms in front of the body at chest height, palms down.
3. Inhale: Open the arms out to the sides at chest height, palms down.
4. Exhale: Turn palms up, touching thumbs and index fingertips together, and the extended arms back towards the center until the forearms touch.
5. Repeat several times.

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Using these sounds, either by themselves or with a posture, such as Immortal Pushes the Stone, may enhance or balance energy flow, alleviate accumulated stress and promote overall wellbeing.

Try placing the hands over the named organ while exhaling and making the sound. Picture colored light of the organ filling up the organ.

Lung Sound - SSSS for removing sadness, sorrow, depression and grief. WHITE

Kidney Sound - CHREE for releasing fear, old trauma, stress and insecurities. DARK BLUE

Liver Sound - SHUU for releasing stress, frustration and anger. GREEN

Heart Sound - HAAA for releasing restlessness and relationship trauma. RED

Spleen Sound - WHOOO for releasing worry, anxiety and over thinking. YELLOW

Triple Warmer - HEEE for releasing general unease. NO COLOR

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Making a Qi Ball

1. Feet slightly wider than shoulder width apart, knees relaxed.
2. Place hands out in front of the abdomen, about 10“ apart, palms facing each other.
3. Relax the hands and fingers.
4. Inhale: Slowing separate the hands to about 18” apart.
5. Exhale: Return the hands to the starting point.
6. Repeat several times.
7. As the hands move try to notice some resistance, like pulling taffy as they move apart and gently squeezing a beach ball as they move closer together.

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Moon Over the Lake

1. Feet wider than shoulder width apart, knees relaxed.

2. Place hands out in front of the body, palms down.

3. Shift the weight left and right several times allowing the hands to move left and right as well.

4. Inhale: Shift the weight to one side and circle the hands upward on the weight shifted side to overhead, palms facing down.

5. Exhale: Shift the weight to the opposite side and continue to circle the hands downwards on the opposite side and across the body.

6. Repeat several times.

7. Switch directions.

8. Repeat several times.

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Opening the Door (Rise & Fall)

1. Feet shoulder width apart, knees relaxed.
2. Place hands out in front of the body, palms down.
3. Hands and fingers relaxed.
4. Inhale: Float the extended arms upwards no higher than shoulder height as if there is a string tied to the wrists gently pulling the arms up.
5. Exhale: Float the extended arms down.
6. Repeat several times.

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Rainbow Dance F-20

1. Feet wider than shoulder width apart, knees relaxed.

2. One hand overhead, palm down and the other hand out to the side at about shoulder height, palm up.

3. Arms rounded.

4. Shift weight away from the extended hand.

5. Shift weight to center as the hand moves above the head.

6. Shift weight to the opposite side as the hands change position so that the hand that was above the head moves to the side and the extended hand moves over the head.

7. Shift weight back to center with arms overhead.

8. Continue for several rounds moving side to side.

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Pebble in the Pond F-21

1. Feet shoulder width apart, knees relaxed.

2. Place hands out in front of the abdomen, palms facing down.

3. Exhale: Float hands straight out from the body as the hips go backwards, palms down.

4. Inhale: Circle hands out to the sides and back to the center as the hands rotate to palms up then down.

5. Repeat several times.

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Plucking a Star

1. Feet shoulder width apart, knees relaxed.
2. Place hands out in front of the abdomen, palms facing down.
3. Inhale: Place one hand to the small of the back, palm outward.
4. Exhale: Bend the knees and sweep the other hand across the body to below the opposite hip.
5. Inhale: Watching the hand, lift the hand diagonally across the body, up and slightly behind the side of the shoulder, reaching up as if plucking a star.
6. Exhale: Turn from the waist and move the hand with the star across the heavens to the opposite side of the body.
7. Inhale: Turn back to the center.
8. Exhale: Lower the hand down the centerline of the body.
9. Switch hands.
10. Repeat several times.

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Polishing the Table

1. Feet wider than shoulder width apart, knees relaxed.
2. Place hands out in front of the chest, palms facing down.
3. Move the hands in a big horizontal circle in front of the body.
4. Inhale: Sink down while moving the hands out and forward
5. Exhale: Rise up as the hands come back towards the body.
6. Repeat several times.
7. Switch direction.
8. Repeat several times.

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Prayer Wheel to Sides

1. Feet shoulder width apart, knees relaxed.
2. Turn to the side one foot forward with the back foot turned at a 45 degree angle, toes outward.
3. Extend the arms out in front of the chest, palms facing each other.
4. Inhale: Shift weight back as the hands move in toward the chest and down long the body to in front of the abdomen.
5. Exhale: Shift weight forward as the hands move out from the abdomen and up to chest height.
6. Repeat several times.
7. Exchange leg positions.
8. Repeat several times.

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Pressing the Palms

1. Feet wider than shoulder width apart, knees relaxed.

2. Hands in front of the chest with palms together.

3. Exhale: Press the palms together as the knees bend and weight sinks down towards the ground.

4. Inhale: Extend the arms out to the sides and sweep the palms back to pressed together in front of the chest while rising back up.

5. Repeat several times.

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Punching with Fierce Eyes

1. Feet wider than shoulder width apart, knees relaxed.

2. Place hands in loose fists, palms up, on hips.

3. Exhale: Punch forward with one hand, rotating hand to palm down in front of the chest, tightening every muscle in the body.

4. Inhale: Relax and open the hand, spiral the hand to palm up to gather energy, and bring the hand back to the hip, closing into a loose fist.

5. Repeat with opposite hand.

6. Repeat for several rounds

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Pushing the Waves

1. Feet shoulder width apart, knees relaxed.
2. Turn to the side, one foot forward with the back foot turned at a 45 degree angle, toes outward.
3. Place hands out in front of the chest, palms facing down.
4. Exhale: Shift the weight forward and lift the back heel while pushing the hands forward, palms out.
5. Inhale: Shift the weight back and lift the front toes while drawing the hands back to the chest, palms down.
6. Repeat several times.
7. Exchange leg positions.
8. Repeat several times.

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Quan Yin Paints the Rainbow

1. Feet shoulder width apart, knees relaxed.

2. Inhale: Raise one extended arm up in front of the body, palm down, to overhead.

3. Exhale: Circle the arm back and down, bending the knees.

4. Inhale: Rise up and sweep the extended arm up in front of the body, palm up, along with the opposite extended arm, palm down, to chest level.

5. Exhale: Turn the hand palm down and float the hands down to the sides.

6. Repeat with opposite arm circling.

7. Repeat several times.

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Release the Exterior

1. Feet wider than shoulder width apart, knees relaxed, arms down by the sides.

2. Inhale: Bend the knees and sweep the forearms and hands out then together in front of the chest, palms facing the body in loose fists.

3. Exhale forcefully: Rise up and extend the arms up and out to the sides, opening the hands

4. Repeat several times.

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Repulse the Monkey

1. Feet shoulder width apart, knees relaxed.
2. Turn at the hips and extend one arm forward and one arm back.
3. Inhale: Sweep the back hand to the head, bending at the elbow.
4. Exhale: Continue to sweep the hand down the outstretched arm beyond the fingers and allowing the hips to rotate to the opposite side.
5. Repeat on opposite side.
6. (It’s much like the swimming crawl stroke)
7. Repeat several times.

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Rowing the Boat

1. Feet wider than shoulder width apart, knees relaxed.
2. Hands out from chest, palms down, as if holding oars.
3. Exhale: Move the hands down and back.
4. Inhale: Circle the hands back to the starting position.
5. Repeat several times.

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Showering Qi

F-32

1. Feet wider than shoulder width apart, knees relaxed.
2. Place hands out in front of the abdomen, palms facing each other.
3. Inhale: Open arms to the sides and rise up to almost shoulder height, palms down.
4. Exhale: Rotate hands to palms up and drop slightly.
5. Inhale: Raise hands over the head, palms facing each other at the top.
6. Exhale: Float the hands down the centerline of the body, palms down.
7. Rotate hands to palms facing.
8. Repeat several times.

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Tiger Emerging from a Cave

F-33

1. Feet wider than shoulder width apart, knees relaxed.

2. Inhale: Cross hands in front of the chest, palms facing the body.

3. Exhale (forcefully): Sweep hand to the out to-sides then down, palms facing outward.

4. Repeat several times.

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The Hermit & the Tide Pool

1. Feet shoulder width apart, knees relaxed.

2. Bend the knees and bend forward, arms swaying back & forth close to ground.

3. Inhale, straighten up with hands above head in loose fists, palms outward.

4. Exhale, pull the arms down from the elbows rotating the hands until the fists are chest height, with palms facing the body.

5. Continue moving fist to the waist.

6. Repeat several times.

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The Fountain

1. Feet wider than shoulder width apart, knees relaxed.

2. Hands lowered with back of hands together

3. Inhale as hands raise up the centerline to slightly above the shoulders, hips moving forward.

4. Exhale as hands float out and down the sides of the body, hips moving backwards.

5. Repeat several times

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The Tiger

1. Feet wider than shoulder width apart, knees relaxed.

2. Hands in front of the abdomen palms facing in with finger curled.

3. Inhale: Raise the hands up the centerline above the head.

4. Exhale (forcefully): Bend the knees as deeply as comfortable while the hands move down the front of the body to the floor.

5. Repeat several times

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Tree Sways in the Wind

1. Feet wider than shoulder width apart, knees relaxed.
2. Arms rounded in front of the abdomen, palms upward with fingers pointed inward.
3. Turn from the waist to one side.
4. Inhale: Lift the hands up the front of the body to overhead, fingertips pointing to the top of the head.
5. Rotate back to center.
6. Exhale: Float the arms down along the sides to rounded in front of the abdomen, palms upward with fingers pointed inward.
7. Repeat turning to the opposite side.
8. Repeat several times.

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Turning the Wheel

1. Feet wider than shoulder width apart, knees relaxed.
2. Reach the arms out to one side.
3. Inhale: Circle the arms up over the head to the opposite side, shifting weight to the sides the arms are on.
4. Exhale: Circle the arms down from the head to the opposite side, bending at the waist as if turning a large wheel.
5. Repeat several times.
6. Reverse direction.
7. Repeat several times.

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Washing the Barrels

1. Feet wider than shoulder width apart, knees relaxed.

2. Inhale: Raise the hands up the front of the body, palms facing the body.

3. Exhale: Move the hands back down the body, palms facing the body.

4. Repeat several times.

Optional extension: Alternate the hands, as one goes up the other goes down.

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Zen Circles

1. Feet shoulder width apart, knees relaxed.
2. Place one hand, palm up, in front of the abdomen.
3. The opposite hand circles the body turning from the waist such that the hand crosses the body when at the bottom.
4. After a time make the circles smaller and smaller.
5. Repeat several times.
6. Change hands and repeat several times in the opposite direction.

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Ankle Circles BI-1

1. Arms slightly out to the sides for balance.

2. Lift one foot off the ground.

3. Circle the foot from the ankle in one direction several times

4. Reverse the direction.

For additional difficulty: Rotate the hands from the wrist at the same time and same direction.

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Ankle Raises

BI-2

1. Stand with the feet close together.
2. Lift the heels and rise up on to the toes.
3. Hold for a couple of seconds.
4. Slowly bring heels down.
5. Rest a second.
6. Repeat a few times.

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Bouncing the Ball

BI-3

1. One hand to the side, palm down.
2. Imagine bouncing a ball with that hand while bending the knees.
3. Flick the fingers downwards when bouncing.
4. Repeat on opposite side.
5. Once done use both hands at the same time to bounce the ball.

For additional difficulty: With the single hand bouncing, lift the opposite leg while lifting the hand and alternate sides.

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Buddha Stomps BI-4

1. Feet wider than shoulder width apart.

2. Shift weight to one side while lifting the opposite leg up, straight out to the side and step down with just enough force to feel the vibrations moving up the body.

3. Alternate side to side several times.

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Cloud Walking

BI-5

1. Feet about shoulder width apart.
2. Shift weight to one side while lifting the hand on the same side and lifting the opposite leg.
3. Slowly and gently and alternate side to side several times.

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Crane Flying

BI-6

1. Feet about shoulder width apart or less.
2. Sink the weight downward.
3. Inhale: Sweep hands up the sides of the body to the sides of the head.
4. Exhale: Float arms down.
5. Inhale: Sweep arms up the sides of the body again but this time simultaneously lift one leg.
6. Exhale: Float arms and leg down.
7. Do entire sequence on other side.
8. Alternate side to side several times.

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Dancing Crane (side to side) BI-7

1. Stand in a wide stance.
2. Ams out to the sides at shoulder height, fingers pointed to the horizon.
3. Shift the weight to one side and sink down.
4. Bend the leg on the weighted side, keeping the other leg fairly straight.
5. Shift the weight to the other side and repeat.
6. Alternate side to side several times.

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Golden Rooster Crows

BI-8

1. Feet about shoulder width apart or less.
2. Sink the weight down, pushing the arms down towards the ground.
3. Shift weight to one side moving the opposite hand to the center.
4. Lift the hand above the head, palm up pushing towards the sky as the leg on the same side lifts. (as high as comfortable but no higher then the hips).
5. Opposite hand pushes palm down towards the ground.
6. Hold.
7. Slowly return the arm and leg to the starting position.
8. Repeat on opposite side.
9. Alternate sides several times.

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Golden Rooster Stands on One Leg BI-9

1. Feet about shoulder width apart or less.
2. Sink the weight down, pushing the arms down towards the ground.
3. Shift weight to one side moving the opposite hand to the center.
4. Lift both the arm (about the height of the neck, palm towards center) and knee on the same side (as high as comfortable but no higher than the hips).
5. Hold.
6. Slowly return the arm and leg to the starting position.
7. Repeat on opposite side.
8. Alternate sides several times.

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Hip Swings - Swing Swing

BI-10

1. Feet about shoulder width apart or less.
2. Shift weight on one leg.
3. Cross the opposite foot in front of the body with the outside of the foot going forward.
4. Return the foot across the body with the inside of the foot pushing back and lifting the knee up and to the side to about waist height.
5. Place the foot on the ground.
6. Switch to opposite leg.
7. Use the hips and waist to move the leg back and forth.
8. Alternate sides several times.

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Kicking to the 4 Directions

BI-11

1. Feet about shoulder width apart or less.
2. Arms out to the sides, palms up to help maintain balance.
3. Shift weight to one leg.
4. With the opposite leg,
5. Kick forward.
6. Kick back.
7. Kick to the side with outside of foot.
8. Kick to the opposite side across the body with the inside of the foot.
9. Place the foot on the ground after each kick.
10. Do each direction several times before moving on.

For additional difficulty: Try not to rest the foot on the ground.

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Leg & Body Circles

BI-12

1. Start with a wide stance, feet outward at about a 45 degree angle.
2. Shift the weight to one side.
3. Sink the weight down.
4. Staying down, shift weight to opposite side.
5. Rise up.
6. Slide across again forming a circle.
7. Repeat several times

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Leg Circles Forward

BI-13

1. Feet about shoulder width apart or less.
2. Arms out to the sides.
3. Shift weight to one leg.
4. Turn the opposite hip outwards.
5. Sweep the unweighted foot back then around to the front without touching the ground.
6. Set the foot down after each sweep.
7. Repeat several times.
8. To increase the difficulty: Keep the foot off the ground for all sweeps.
9. Switch to the opposite leg.

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Lift Knee & Extend Toes

BI-14

1. Feet about shoulder width apart or less.
2. Arms out to the sides.
3. Shift weight to one leg.
4. Lift the knee up as high as comfortable, but no higher than the hips.
5. Slowly straighten the leg and point the toes.
6. Hold for a moment.
7. Bend the knee, bringing the foot slowly back in and then down.
8. Switch to opposite side.
9. Alternate sides several times.

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Martial Arts Knee Bend

BI-15

1. Standing with feet about shoulder width apart.
2. Arms bent with fists at shoulder height.
3. Bend the knees.
4. Rise up and pull one knee up as far as it will comfortably go while dropping the fists below the level of the knee on either side.
5. Lower the leg and raise fists back to shoulder height.
6. Switch to opposite side.
7. Alternate sides several times.

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Raise the Bubbling Spring

BI-16

1. Start with the feet fairly close together.
2. Interlock the fingers, palms up, in front of the abdomen.
3. Bring the hands up the midline of the body, rotating the hands in front of the chest until the arms are extended above the head.
4. Push upwards with the palms while lifting the heels and balancing on the toes.
5. Hold for a few moments.
6. Lower the arms with fingers still interlocked.
7. Repeat several times.

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Soaring Crane (Flying) BI-17

1. Feet about shoulder width apart or less.
2. Arms by the sides.
3. Shift weight to one leg.
4. Inhale: Raise the arms up the sides of the body to shoulder height while simultaneously lifting the unweighted leg up with knee bent.
5. Exhale: Simultaneously lower both the arms and leg.
6. Repeat with the same unweighted leg several times.
7. Switch to the opposite leg.
8. Repeat several times.

To increase the difficulty: Keep the foot off the ground for all lifts.

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Stepping Over the Stone

BI-18

1. Feet about shoulder width apart or less.
2. Arms out to the sides.
3. Shift weight to one leg.
4. Lift the knee up of the unweighted leg as high as comfortable, but no higher then the hips.
5. Rotate the knee to the outside without moving the hips.
6. Set the foot down on the ground.
7. Still facing forward, lift the knee up on the side and bring it around in front of the body.
8. Set the foot down.
9. Alternate sides several times.

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Swinging Legs

BI-19

1. Feet about shoulder width apart or less.
2. Arms out to the sides.
3. Shift weight to one leg.
4. Swing the unweighted leg forward and back several times using the arms to maintain balance and posture upright.
5. Look forward.
6. Repeat several times.
7. Switch to opposite leg.
8. Repeat several times.

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Tai Chi Kicks BI-20

1. Feet about shoulder width apart or less.
2. Arms crossed in front of the chest.
3. Shift weight to one leg.
4. Lift one leg and slowly kick forward while lifting the arms to shoulder level.
5. Circle the hands down to the abdomen.
6. Return hands to crossed in front of the chest while placing the foot on the ground.
7. Switch to opposite leg.
8. Alternate sides several times.

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Balancing Heaven & Earth E-1

1. Feet shoulder width apart, knees relaxed.
2. Place one hand over the abdomen and the other over the chest.
3. Hold and breathe deeply for several breaths.
4. Move the upper hand to the abdomen and the lower first to the chest then slide down to the solar plexus.
5. Hold and breathe deeply for several breaths.
6. Take a deep breath in.
7. Breathe out and move both hands, one over the other, over the abdomen.
8. Be still for a time.

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Bamboo in the Wind E-2

1. Place feet as close together as comfortable.

2. Place both hands, one over the other, over the abdomen.

3. Standing tall, relax the body and let it rock & sway as it decides.

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Bringing Down the Heavens

1. Feet shoulder width apart, knees relaxed.
2. Arms at the sides with palms up.
3. Inhale: Raise the arms up along the sides until overhead, gathering energy in the palms.
4. Exhale: Lower the hands down the front of the body, palms facing down, pushing the energy down through the top of the head, torso & legs into the earth.
5. Repeat several times.
6. Finish with both hands, one over the other, over the abdomen.
7. Be still for a time.

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Centering

1. Place feet as close together as comfortable.
2. Place one hand palm up in front of the abdomen.
3. Inhale: Sweep the other hand up along the side, palm up, until overhead.
4. Exhale: Lower the hand down the front centerline, thumb facing the body, ending with hand palm up at the abdomen.
5. Repeat with opposite hand.
6. Repeat several times.
7. Be still for a time.

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Clearing the Bai Hui

1. Feet shoulder width apart, knees relaxed. Arms rounded, fingertips facing each other in front of the chest.
2. Deep breath in then out as arms rise the front of the body to the top of the head (Bai Hui).
3. Arms rounded, fingertips facing each other.
4. Hold this position and breathe in and out deeply.
5. Relax and sense the energy entering the top of the head and flowing down the torso and legs into the ground.
6. Deep breath in.
7. Breathe out as arms move slowly to the level of the chest, arms rounded, fingertips facing each other.
8. Take another deep breath.
9. Breathe out while turning the palms down and out and lowing them to the sides.

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Clearing the Qi with Wrist Cross

1. Feet shoulder width apart, knees relaxed.

2. Inhale: Raise hands up the body and cross at the chest, palms facing the body.

3. Exhale: Turn palms out and softly push hands down and out to the sides.

4. Repeat several times.

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Embrace the Tree

E-7

1. Feet shoulder width apart, knees relaxed, hips forward.
2. Round the arms at chest height, elbows down, shoulders relaxed, with fingers of each hand facing but not touching.
3. Hold this position while breathing naturally.
4. If uncomfortable, lower hands slightly.
5. Hold while clearing the mind.

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Gathering the Qi

1. Feet shoulder width apart, knees relaxed, hips forward.
2. Place both hands in front of the abdomen, palms facing the body.
3. One hand sweeps out to the side gathering energy, bending the knees slightly.
4. Circling the hand back to the abdomen while slightly straightening up.
5. Repeat with the other hand.
6. Alternate sides several times.

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Monk Holding the Pearl

E-9

1. Feet slightly more than shoulder width apart, knees slightly bent, hips forward.

2. Place one hand over the other, palms up with the tips of thumbs touching.

3. Breathe deeply and relax.

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Storing the Qi

E-10

1. Feet shoulder width apart, knees relaxed.
2. Place one hand over the other.
3. Circle the abdomen several times, up the right side down the left.
4. Reduce the size of the circles until hands rest over the lower abdomen.
5. Breathe deeply and relax.
6. Hold.
7. Relax.

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Routines

Balance

- Wave Breathing
- Tapping the Lower Body
- Swinging Legs
- Hip Rotation
- Stepping Over the Stone
- Hip Swings - Swing Swing
- Knee Circles
- Ankle Circles
- Ankle Raises
- Crane Flying
- Pushing the Waves
- Kicking to the 4 Directions
- Moon Over the Lake
- Prayer Wheel to the Sides
- Embrace the Tree

Emotional Release

- In In Out
- Circle Arms Forward & Back
- Swing Arms In & Out - Across
- Shoulder Rolls
- The Pump
- Bouncing the Ball
- Cloud Hands
- Tapping the Upper Body
- Shaking
- Release to the Exterior
- Showering Qi
- Monk Holding the Pearl

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Sleep

- 4-7-8 Breathing
- Look Side to Side
- Looking Up & Down
- Chin Tucks
- Dragon Stretches Its Tail
- Shaking with Heart Sound (HAA)
- Cloud Hands
- Plucking a Star to Form the Big Dipper
- The Hermit & the Tide Pool
- Bringing Down the Heavens w Triple Warmer Sound (HEE)
- Balancing Heaven & Earth

Tight Back

- Wave Breathing
- Ringing the Temple Bell
- Shoulder Rolls
- Dragon Spreads its Tail
- Lower Back Stretch & Massage
- Twisting
- Picking Cherries
- Looking Back at the Moon
- Rainbow Dance
- Bear Swimming in the Ocean
- The Tiger
- Pebble in the Pond
- Pressing the Palms
- Clearing the Bai Hui

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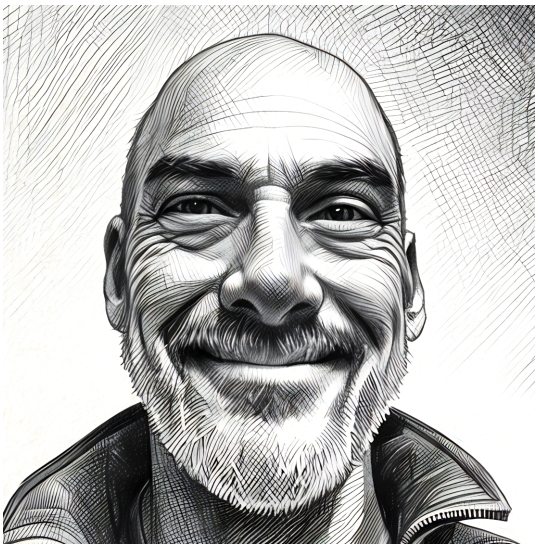
ENJOY
the
PRACTICE
and
SMILE



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