

Qigong Warmup

1. Press to the chest
2. Turn to the side
3. Lift the arms
4. Open the chest
5. Paint a rainbow
6. Part the clouds
7. Rolling arms (repulse monkey)
8. Row the boat
9. Lift the ball
10. Look at the moon
11. Twist waist and push with palm
12. Cloud hands

1. Scoop the sea and look at the clouds
2. Push the waves
3. Flying dove spreads its wings
4. Shoulder rolls
5. Grasp the moon
6. Punch both ears
7. Shooting star
8. Brush knee
9. Brush knee - push and pull
10. Brush knee, alternating sides

1. Side stretch
2. Back stretch (separating heaven and earth)
3. Foot exercises (bend & stretch, heel & toe, in & out, ankle rolls)
4. Flex and stretch
5. Step and punch
6. Toe kick (tap and go)
7. Step and bounce the ball
8. Fly like a wild goose
9. Rotate the wheel
10. Balance the Qi