

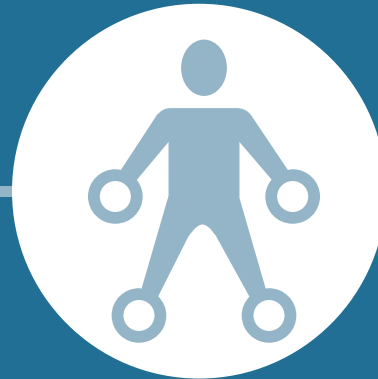


"Awakening the Qi"



1

Stand tall with feet a little wider than shoulder width apart. Bend your knees 2 to 3 inches. Keep your spine long, tall, but not stiff. Close your eyes and breathe DEEP into your diaphragm, letting all your muscles get soft. Focus inward and imagine you have roots growing from your feet 8 feet into the ground. Slow your breathing as best as you can.



2

On your next inhale, let your arms softly float up in front of you, like a slow wave. Let them rise to about shoulder height. Then on the exhale, let them float them back down in front of your hips again.



3

Do 10 to 15 SLOW repetitions of "Awakening the Qi," movement. This can be done standing upright as described in Step 1. If mobility is an issue, it can also be done seated -- just keep a long spine and do the arm movements in front of you from a chair. As you finish, take a moment to just smile and be still.

How Qigong Can Help Us



Boosts our body's natural immunity system



Increases our bio-electric energy ("Qi")



Helps reduce our cortisol levels and stress



Cools, calms, & regulates our emotions

This handout is the property of "Sanar Institute, Inc." It is based on a book on Qigong (pronounced, "Chee-Gong") called, "Qigong; The Quick & Easy Start Up Guide," by Frank Blaney. 100% permission from the author is granted to Sanar Institute for the usage and distribution rights for educational or commercial use for all time and perpetuity. Permission for use other than individual edification must be requested from the 501 c 3 Non-Profit organization, "Sanar Institute, INC." This handout is for educational purposes only and no medical benefits or promises are intended. Begin all exercise programs only after consulting with your medical professionals authorization.