

QI GONG FLOW FOR BEGINNERS

EXERCISE GUIDELINES

*Qi Gong is a safe gentle form of exercise,
stretching and flowing movement.
Every individual is different in their exercise needs.*

For best results:

- Watch the entire program before performing the exercises yourself
- Wait at least a half-hour after eating before you begin Qi Gong
- Wear comfortable loose fitting clothes before exercising
- If any of the exercises do not feel good or cause discomfort, discontinue or skip to the next exercise
- Consult your health care provider before beginning this exercise program



PACIFIC
HEALING
ARTS

- 1. *Knocking on the Door of Life*
- 2. *Spinal Cord Breathing*
- 3. *Buddha Holds Up the Sky – Lungs*
- 4. *Fountain – Kidneys*
- 5. *Tree Swaying – Liver*
- 6. *Cloudy Hands – Heart*
- 7. *Pebble in the Pond – Spleen*
- 8. *Pulling Down the Heavens – Centering*
- 9. *Bamboo in the Wind – Harmony*