

Qi Gong

The Flow Continues™

More Beginners' Practice

with Lee Holden

Take this pocket guide with you, and use it as a reminder when a DVD player is not available.

GUIDELINES & TIPS

Congratulations! You're about to experience new levels of health, energy, and relaxation! This routine involves gentle flowing movements drawn from Qi Gong practices dating back thousands of years. While it's a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

- Before doing the *Qi Gong* routine(s), watch the entire DVD all the way through.
- Wear comfortable, loose clothing that allows you to move freely.
- Don't exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.
- There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, **STOP**. Remember, this isn't a competition. Listen to your body!

**ALWAYS TALK TO YOUR DOCTOR BEFORE
BEGINNING ANY NEW EXERCISE PROGRAM**

Lee's Sequence of Movements

1. Deep Abdominal Breathing

Centering, increasing lung capacity, bringing more energy into the body.

2. Twisting

Opens the joints of the spine, increases energy circulation through the back.

3. Knocking on the Door of Life

Energizes the body, increases circulation in the back.

4. Wide-Leg Spinal Twist*

Improves joint mobility, increases range of motion through the back and hips.

5. Wide-Leg Weight Shift*

Strengthens the legs, creates flexibility through the lower body.

6. Moving Like the River*

Strength and a sense of flow through the entire body.

7. Wide-Leg Full Body Flow*

Stretches all the major muscles in the body.

8. Palm Press Behind the Back

Clears tension from the neck and upper back.

9. Interlock Fingers, Forward Bend

Stretches shoulders, upper back, and hamstrings.

*Not in easier routine.

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10. Wave

Trains the body to move fluidly, clears tension from the back.

11. Hip Circles

Increases range of motion through the hips and lower back.

12. Arm Spirals

Opens all the joints in the body, develops inner coordination, and increases energy circulation.

13. Pulling up the Earth

Develops energy flow, increases lung capacity.

14. Side Stretch Flow

Opens the rib cage, increases lung capacity, and cultivates energy.

15. Tai Chi Extended Opening

Develops flow, cultivates internal energy.

16. Expanding the Horizons

Stretches the upper body and arms, creates upper body flow.

Lee's Sequence of Movements Continued...

17. Cloudy Hands Extended Version

Opens the energy in the chest, balances emotional energy.

18. Pebble in the Pond

Creates flow in the body and brings energy into the center of the body.

19. Holding a Qi Ball

Develops the sensitivity to energy.

20. Turning the Wheel

Cultivates internal energy; opens the energy in the spine (yang) and front of the body (yin).

21. Centering

Develops inner balance and harmony and brings energy to the center of the body.

22. Bamboo in the Wind

Inner balance and harmony.