

Qi Gong

for Deep Sleep™

with Lee Holden

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

EXERCISE GUIDELINES

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. Lee has broken down each routine step-by-step for you.
- 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!
- Feel free to take a break at any time during the routine; you will still experience benefits from your Qi Gong practice.

Learn more about Exercise to Heal products:

On the Web: www.ExerciseToHeal.com
Call Toll-Free: 1-866-HEAL-FLOW (1-866-432-5356)
Email: Info@ExerciseToHeal.com

HEALING PRODUCTS FROM

Exercise To Heal™

For Deep Sleep: Sequence of Movements

1. Deep Abdominal Breathing

First step in revitalizing energy and clearing stress and tension from the day.

2. The Cleansing Breath

Clears stress and tension.

3. Bear Swimming - Arms Forward/Reverse

Stimulates the flow of energy from the lungs and heart through the muscles of the neck and shoulders.

4. Bear Swimming - Arms Up/Down

Opens the lungs in an upward direction; stretches tendons and muscles through the neck and shoulders.

5. Side Arm Spirals, Neck Roll and Stretch

Releases tension from neck, shoulder, and upper back area.

6. Qi Clearing - Swing Arms Right and Left

Releases stagnant energy from the day.

7. Shoulder Shrug (Letting Go)

Opens the shoulders and releases tension from upper back and neck.

8. Shoulder Circles - Forward/Reverse

(Oiling the Shoulders) Helps fluid move into the shoulder joints.

9. Hold Kidneys, Neck Stretch and Roll

(Crane Neck) Opens muscles and tendons through the neck.

10. Qi Massage - Sternum, Chest, and Shoulder Points

Opens lungs and lung meridian; clears anxiety and nervous tension.

11. The Rooster Spreads the Feathers

Opens energy through the shoulders, lungs, and chest.

12. Dragon Stretches Its Tail. Stretch Palms Away, Look Over Shoulder

Opens upper back and neck areas.

13. Spinal Cord Breathing - Forward/Left/Right

Clears stress and tension from nervous system.

14. Meridian Stretch and Massage

Stimulates flow of energy and circulation through spine, chest, legs, and hamstrings.

15. Side, Neck, and Shoulder Stretches

Stretches rib cage for deeper breathing.

16. Shaking

Clears old emotional energy, stress, and tightness.

17. Sipping Breath

Rejuvenates the body and fills internal organs with more energy.

18. Phoenix Washes the Feathers

Allows body to cleanse and clear accumulated stress and stagnant energy.

19. Moon Over the Lake

Calms the mind, relaxes the body.

20. Fair Lady Circles with Heart Sound

Helps to circulate Qi. Heart sound helps with deeper sleep.

21. Qi Ball Sequence with Hands Up/Down

Gathers, expands, and condenses energy in the body.

22. Dragon Playing with the Qi Ball

Helps keep energy open, flowing, and circulating through the entire body.

23. Hold Qi Ball

Focuses and gathers energy.

24. Turning the Wheel

Relaxes the mind, calms the nerves, and recharges the body.

25. Parting the Clouds

Releases old energy; expands inner vision and perspective.

For Deep Sleep: Sequence of Movements

(continued)

26. Turning the Wheel, Parting the Clouds Combination

Releases old energy and infuses the body with new energy.

27. Opening the Heart to the Six Directions

Stimulates giving and receiving of positive energy. Cultivates compassion and loving kindness.

28. Waterfall

Washes energy downward through the body for better sleep and deep relaxation.

29. Swimming Dragon

Nourishes all the connective tissue in the body. Promotes the smooth flow of Qi.

30. One Hand on Abdomen (Tan Tien) with Circle

Fills the body with vitality and healing energy while anchoring the mind.

31. Pulling Down the Heavens with Venting Healing Sound

Clears old energy to create space for new, invigorating energy.

32. Bamboo in the Wind

Helps unwind stress and tension. Allows the body to come back to a place of being balanced and centered.

Bonus Segment to Ease Insomnia

Floor routine designed to promote deep, restful sleep.

1. Deep Breathing

2. Hug Knees and Rock Side to Side

3. One Knee Hug with Circles - Left/Right

4. Cross-Leg Twist Stretch to Spinal Twist - Left/Right

5. Lying Hamstring Stretches with Foot Circles - Left/Right

6. Healing Sound (Triple Warmer Sound) - Venting