

Qi Gong For Healthy Digestion™ with Lee Holden

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

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!

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

Lee's Sequence of Movements

Standing

1. Knocking on the Door of Life

Brings energy to the internal organs, opens the low back, and increases energy.

2. Deep Abdominal Breathing

Massages internal organs; clears stress and tension from the body and digestive system.

3. Energy Belt Breathing

Massages the internal organs; strengthens the diaphragm, lungs, and internal organs.

4. Fire Breathing

Increases metabolism, strengthens the digestive fire, and energizes the organs.

5. Abdominal Circles

Soothes digestion, clears stress from digestive organs, and brings circulation to the abdomen.

6. The Pump

Strengthens energy in the internal organs and in the digestive tract.

7. The Arrow

Strengthens the legs and stretches the spine.

8. The Arrow: Stretch and Flow

Clears stress and tension from the body; improves flexibility in the abdomen, chest, back, and hamstrings.

9. Qi Belt Flow

Relaxes the digestion, clears stress, and creates a feeling of being centered.

10. Spreading the Feathers and Twist

Clears tension from the rib cage, opens the diaphragm, and brings energy to the internal organs.

11. Shaking

Clears stress and tension, opens the joints, and relaxes the internal organs.

12. Tree Swaying

Clears stress; relaxes the mind; brings energy to the liver, gall bladder, and stomach.

13. Pebble in the Pond

Brings healing energy into the digestive system. Calms emotional energy.

14. Turning the Wheel

Creates a feeling of being centered and balanced. Cultivates digestive energy.

15. Centering

Relaxes the mind, balances emotions, and brings energy into the digestive system.

16. Qi Ball Breathing

Meditative and energetic exercise to focus energy into the lower abdomen and digestive system.

Lee's Sequence of Movements (continued)

Lying Down Face-Up

1. Deep Abdominal Breathing

Brings energy to the internal organs and relaxes the diaphragm.

2. Breathing into the Ribs

Stretches the ribs, allows for deeper breathing, and brings energy to all internal organs.

3. Hug Both Knees into the Chest

Opens the low back, massages the internal organs, and facilitates peristalsis (healthy movement through the intestines).

4. Hug One Knee to the Chest

Opens the hips, massages the internal organs, and facilitates peristalsis.

5. Twist

Opens the low back and rib cage. Increases circulation and energy to the internal organs.

6. Abdominal Massage

Clears tension and blockage through the abdomen. Promotes healthy circulation and energy through all the internal organs.