

QI GONG FOR STRESS

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

○ *Standing*

- 1. Spinal Cord Breathing
- 2. Chi Self Massage
- 3. Neck Stretch, Palms Behind Back
- 4. Low Back Stretch and Pressure Points
- 5. Iron Bridge
- 6. Wide Leg Stretch
- 7. Stretching Lines of Tension Flow
- 8. Shaking
- 9. Deep Breathing
- 10. Wave Breathing
- 11. Holding Up the Sky
- 12. Left and Right, Yin and Yang
- 13. Embrace the Tiger Return to Mountain
- 14. Tree Swaying
- 15. Pulling Down the Heavens
- 16. Bamboo in the Wind

○ *Seated*

- 1. Great Bear Swims
- 2. Arm Spirals Stretch
- 3. Massage Soles of Feet
- 4. Forward Bend

○ *Lying*

- 1. Hug Knees into Chest
- 2. Spinal Twist
- 3. Baby
- 4. Full body Breathing
- 5. Restorative Posture