

QI GONG FOR UPPER BACK AND NECK PAIN

EXERCISE GUIDELINES

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

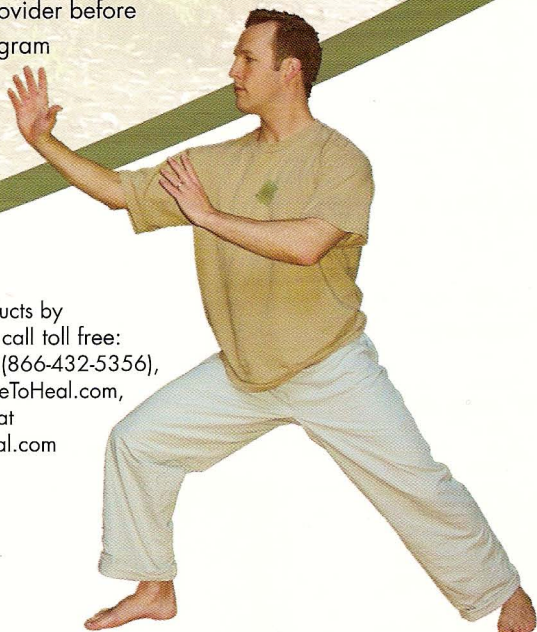
For best results:

- 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

To order other products by Lee Holden, please call toll free: 1-866-HEAL-FLOW (866-432-5356), email: info@ExerciseToHeal.com, or visit the website at www.ExerciseToHeal.com



PACIFIC
HEALING
ARTS



○ *Seated*

- 1. Deep Abdominal Breathing
- 2. Neck Stretch Side to Side
- 3. Palm Press Out to Sides, Neck Stretch
- 4. Hold Finger Tips Together, Neck Stretch
- 5. Dragon Twist, Neck Stretch
- 6. Turtle Stretch for Upper Back
- 7. Forward Bend To Open Spine
- 8. Palms on Feet, Forward Bend Upper Back Stretch

○ *Standing*

- 1. Deep Abdominal Breathing
- 2. Twist and Rotate, Upper Back Mobility
- 3. Palms Behind Back, Neck Stretch
- 4. Rooster Spreads Feathers, Joint Mobility
- 5. Shoulder Shrugs
- 6. Palm Press and Rotate, Neck Stretch
- 7. Forward Bend Neck Massage
- 8. Stretching Flow, Opening Lines of Tension
- 9. Shaking to Clear Tension
- 10. Great Bear Swims
- 11. Tai Chi Opening
- 12. Three Treasures Flow
- 13. Cloudy Hands
- 14. Flying
- 15. Bamboo in the Wind