

Qi Gong For Seniors™

with

Lee Holden and Lee's Mother, Karen 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

Increases lung capacity, cultivates more energy, and helps practitioners feel centered.

2. Wave Breathing

Brings energy to all the internal organs, clears tension, and increases the lung capacity.

3. Spinal Cord Breathing

Increases range of motion and flexibility through the spine; brings circulation to the muscles in the back.

4. Dog Wagging the Tail

Increases lateral spinal flexibility and brings circulation to the muscles of the back.

5. The Wave

Trains the body to move without tension and increases range of motion through the spine.

6. Turtle Neck

Increases range of motion through the spine and neck.

7. Upper Back Stretch

Clears tension through upper back and stretches the muscles between the shoulder blades.

8. Side Stretch

Stretches the ribs and opens the lungs.

9. Palm Press

Stretches the neck, upper back, and arms.

10. Low Back Stretch

Increases circulation to the lower back.

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- 11. Wrist Circles**
Increases circulation to the wrists; excellent for arthritis.
- 12. Elbows**
Increases circulation to the elbows.
- 13. Shoulders**
Clears tension from the upper back and shoulders.
- 14. Shrugs**
Clears tension from the shoulders and back; strengthens shoulders.
- 15. Hip Circles**
Opens hips, creates joint mobility, and increases circulation.
- 16. Knee Circles**
Increases circulation to the knees.
- 17. Ankle Circles**
Increases range of motion to the ankles; great exercise for balance.
- 18. Ankle Raises**
Strengthens the lower legs; great exercise for balance.

Lee's Sequence of Movements Continued...

19. Rooster Stands on One Leg

Exercise for balance and coordination.

20. Chi Massage

Increases circulation and healing energy to the entire body; great exercise for rejuvenation and longevity.

21. Tai Chi Opening

Brings more energy into the body; creates relaxation.

22. Tai Chi Opening Extended

Brings more energy into the body; creates relaxation; helps with body coordination.

23. Right/Left Tai Chi Opening

Good for energy circulation, right and left brain coherence, and coordination.

24. Pulling up the Earth

Increases energy in the lungs and circulates internal energy.

25. Pulling Down the Heavens

Pulls more energy into the body; good for high blood pressure and relaxation.

26. Centering

Helps create inner balance and harmony.