

# 8 Brocades: Qi Gong Exercises

## To Balance the Mind, Body & Spirit



### Two hands hold up the heaven

*Try this exercise to control your flight, fight, or freeze responses to your stress so you can relax your body.*

Take a deep breath and exhale. Then start with your hands turned inwards at the waist line, legs shoulder width apart with knees gently bent. Slowly straighten your legs and stretch your hands toward the sky. Remember to take long slow breaths in and out.



### Drawing the bow to shoot the hawk

*Try this exercise to strengthen your core and legs so you can stand strong. It's like strengthening the trunk of a tree to hold up its branches grow.*

Start with your legs shoulder width apart with knees gently bent. Draw your hand the shape of a bow at shoulder level. Pretend to pull the string hard like you are shooting a bow at a target. Then reverse the position. Keep your gaze forward towards the shooting hand, the sky.



### Separating heaven and earth

*Try this exercise to reduce your muscle stiffness and soreness.*

Start with your legs shoulder width apart and your hands loosely hung with your palms facing down. Make sure your hips and buttocks are tucked in. Open your arms slowly with your elbows to your hips and your palms facing forward. At the same time, twist your head slowly to one side. Reverse the movement for balance.



### Wise owl gazes backwards

*Try this exercise to reduce your muscle stiffness and soreness.*

Start with your legs shoulder width apart and your hands loosely hung with your palms facing down. Make sure your hips and buttocks are tucked in. Open your arms slowly with your elbows to your hips and your palms facing forward. At the same time, twist your head slowly to one side. Reverse the movement for balance.



### Big bear turns side to side

*Try this exercise instead of a morning coffee and after a day of sitting to loosen your stiff sitting bones and joints.*

Step with feet shoulder width apart and hands on your hips. Take deep breaths in and out as your body side to side. Note, some people also deepen the exercise by rolling bending their head forward and rolling their body from the head the waist in a half-circle motion.



### Bouncing on the toes

*Try this exercise to strengthen your calf muscles. Runners and gymnasts often do this type of exercise.*

Stand with your feet shoulder width apart. Inhale and slowly rise onto the balls of your feet until you are almost standing on the tip of your toes. Hold it a second. As you exhale, slowly drop your heels.



### Touching toes bending backwards

*Practices this exercise to stimulate the flow of energy in your body and to loosen the muscles and joints in the back of your legs, hips, rib cage area, upper back, and neck.*

Stand with your feet at shoulder-width apart. Place your palms on your lower back and gently lean backwards. Lift your chest upward. Slide your hands slowly down the back of your legs and bring your hands forward to the front of your feet (or wherever you can reach comfortably).



### Angry gaze

*Practice punching the air slowly with an angry face to release tension emotionally and physically.*

Step with feet shoulder width apart. Exhale and slowly bring your right closed fist forward with fingers toward the earth as you gently bend your knees. Inhale and bring your fist back, elbow bent, pushing slightly past your back. Then switch for balance. And remember to take long breaths in and out.



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# Qigong Exercise Therapy

**G Orfield**



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