

# Welcoming the Day

Reference: Lee Holden Qi Gong: <https://www.holdenqigong.com/> and <https://www.youtube.com/channel/UCywnihPARyOZxlYpO8wmovA>

## BREATHE

- **Deep Abdominal Breathing** Palms on belly. (24)
- **Prayer Position Breathing** Reach out, open the chest (12)
- **Spinal Chord Breathing**
  - Stretch fists to back, bend forward, slower then faster (12)
  - Turn to right, turn to left – spinal twist (12 each direction)

## FLOW

- **Knock on the Door of Life / Ring the Temple Bell**
  - Slowly then faster; knock lower abdomen and kidneys
  - Faster, shifting weight on legs, bending knees; knock chest, lower back
  - Slow down, unwind
- **Spinal Twist** Hands on knees, look up/back to left 6 times, to right 6 times
- **Bend Forward and Massage** Hamstrings, Back of knees, Back of calves
- **Full Body Flow**
  - Legs wide, stretch down, stretch up, push hands (6)
  - To the right, hold calf; Swing to left, hold calf
  - Flow down to left, swing up, reach up/back. Reverse (6)

## INVIGORATE

- **Prayer Position** Hands behind neck, bend down forward (6)
- **Arm Swings** Relaxed dropping and swing up (12 or more)
- **Hands on Kidneys** Deep breathing into back/kidneys (6)
- **Qi Massage**
  - Knock kidneys, lower back with knuckles
  - Slap palms down outside of legs, up inside of legs. Right, Left
  - Knock sternum and heart
  - Slap inside of arm to hand. Up outside of arm to chest. Right, Left
  - Knock, brush down center

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## LIFT

- **Ankle Circles** Right, left (3 times each)
- **Crane Soaring** Wave arms gently. When ready, Lift legs, bend knees.
- **Buddha Holds up the Earth** Windmill with palms out (6)
- **Strork Spreads Its Feather** Push hands up/down, away (12 each)
- **Buddha Holds up the Earth** (6) Repeat

## ENERGIZE

- **The Fountain** Circular windmill, both hands. (12) Then one arm at a time (12 each)
- **Tai Qi Opening** Wave-like, no tension. Use hips, from center (12) More slowly (6)
- **Fireworks** Windmill palms facing down (12) Turn left, right going up (12)
- **Turn the Water Wheel** Palms facing, circular motion on lower micro-cosmic circuit.
  - At lower/upper abdomen (12), Up to chest (12), Up to throat (12), Up to head (12)

## GATHER

- **The Lotus** Heart flow. Hands circle up. Triangle at heart.
  - Down and lift, big circle back to triangle. (6) Hold at heart.
- **Pulling Down the Heavens** Palms in, facing body going downward. (6)
- **True Light** Pulse hands over head (12), at heart center (12), at abdomen (12)

## CIRCULATE

- **Massage the Qi** Pulse ball of qi at abdomen (6)
- **Embrace the Tree** Holding chest level, breathe with entire body (12)
  - Lower arms to abdomen, deep breathing (6 or more)
- **Sway in the Wind** Hold ball of qi at abdomen; Lift arms to heart, sway in the wind
- **Centering** One palm facing up, the other circling, tracing center line (12 each)
- **Bamboo in the Wind** Hands over abdomen, relax into the earth, organic swaying

## CULTIVATE STILLNESS

- **Standing Meditation** As long as you like