

Stretchy QiGong Set

This set includes a lot of stretching. Some traditional QiGong movements, others just good stretches. Good set for cool weather. Focus on charging up the lower energy reservoir and moving vital life force throughout the entire body. Do exercises one after the other, repeating each movement 5 or 6 times, with short breaks between sections. Slowly, with deep breaths. For left-side and right-side stretches, do each side 5 or 6 times. Strive to stretch a little farther each time. A little discomfort is good. If it feels too easy, stretch more or hold longer. Pain is not good; if hurting anywhere, then back off the stretch or adjust the stance.

MAT – first round

- Legs crossed, bend forward
- *Butterfly stance*, push knees down
- *Butterfly stance*, bend forward
- Legs straight, lateral reach to grasp feet
- *Pretzel stance*, twist right, left-side
- *Pretzel stance*, bend right, bend left
- One leg straight, other leg tucked, stretch with both hands to foot; left, right
- Lying on belly, quad stretch left, right

MAT – second round

- Seated however you like. Reach up/around; open/close hands, circle wrists
- *Turtle coming out of its shell. Table stance.* Enclose completely, then open completely.
- Three-part neck stretches: tilt, turn, drop
- Massage ears, temples, eyes, jaw
- Make healing sounds – long vowels, mmmm, nnnn, yowwwwzzzzaaaaa!

STANDING, with support if/when needed

- *Rooster stands on one leg:*
 - Diagonal knee lifts; left, right-side
 - Front knee lifts; left, right
- *Lift qi up to the heavens*
- *Three Reservoirs* wide squats
- *Bow stance.* Reach for sky w/ one hand
- Reach up, squat down to touch toes
- Hands on kidneys, forward waist bend
- Lunge while reaching up
- Lift leg side to side; left, right-side
- Free form qigong such as *Move like a giant piece of kelp* or *Expand into the cosmos*

STANDING

- *Silk reeling.* Big slow spinal twist
- *Embrace the moon.* Wide bow stance, push forward, then slowly, gracefully fly around and *carry the moon home*, adjusting stance as needed

STANDING

- *Nine Ghosts Drawing Sabers.* One fist behind, the other wrapped around head. Big spiral up, down twisting stretch, left, right
- *Pulling Nine Cows.* Wide bow stance into warrior stance with palms up, close finger-by-finger, *pull the cows* with both fists in a big circular stretch. Left, right.
- *Horse stance*, light fists at side. Reach one hand with *tiger claw*, cross in front of chest, then reach down and rake back between feet, lifting fist up the side. Left, right-side
- Shoulder stretches. Elbows out, with forearms at 90° down, then 90° up. Then arms fully extended laterally, turning palms back and forward.
- *Single-leg Frog stance.* One leg is on the knee, other is straight. Reach up, down to straight foot, then separate hands, one reaching back, other hand *creeps down like a snake*. Left, right. Alternatively: lateral squats, one leg straight, the other bent.
- *Wave Hands Like Clouds.* Like taiji stepping, but side to side, with hands *massaging ball of qi* while moving.
- *Santishi.* *Three Powers* stance and practice, with aim of reaching stillness while feeling energy moving internally.