

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

Linda Baily Synovitz, Karl L. Larson



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Physical exercise for age-related neuromusculoskeletal

disorders Xue-Qiang Wang,Min Hu,Li Li,Dongsheng Xu,Howe Liu,2023-01-19 *Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practices* Linda Baily Synovitz,Karl L. Larson,2018-10-01 Today being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine

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The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Roger Jahnke,2002-03-22 An internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within* clearly and simply explains the concepts of qigong 125 illustrations **A Guide to Alternative Medicine** ,1997 Alternative medical treatments have been around in this country for centuries This book gives insight into some of those treatments

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Table of Contents Qigong Exercise Therapy

1. Understanding the eBook Qigong Exercise Therapy
 - The Rise of Digital Reading Qigong Exercise Therapy
 - Advantages of eBooks Over Traditional Books
2. Identifying Qigong Exercise Therapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Qigong Exercise Therapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Qigong Exercise Therapy
 - Personalized Recommendations
 - Qigong Exercise Therapy User Reviews and Ratings
 - Qigong Exercise Therapy and Bestseller Lists
5. Accessing Qigong Exercise Therapy Free and Paid eBooks

- Qigong Exercise Therapy Public Domain eBooks
- Qigong Exercise Therapy eBook Subscription Services
- Qigong Exercise Therapy Budget-Friendly Options
- 6. Navigating Qigong Exercise Therapy eBook Formats
 - ePub, PDF, MOBI, and More
 - Qigong Exercise Therapy Compatibility with Devices
 - Qigong Exercise Therapy Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Qigong Exercise Therapy
 - Highlighting and Note-Taking Qigong Exercise Therapy
 - Interactive Elements Qigong Exercise Therapy
- 8. Staying Engaged with Qigong Exercise Therapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Qigong Exercise Therapy
- 9. Balancing eBooks and Physical Books Qigong Exercise Therapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Qigong Exercise Therapy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Qigong Exercise Therapy
 - Setting Reading Goals Qigong Exercise Therapy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Qigong Exercise Therapy
 - Fact-Checking eBook Content of Qigong Exercise Therapy
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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