

Daily Qi Gong Handout

Wake up: Sao Gong Face Washing

Repeat each move 3,6 or 9 times each

Forehead with flat hands

Bones around eyes with finger tips

Sides of nose with flat index finger and cheeks with rest of flat hands

Mouth with flat hand

Ears pulling down with thumb behind and flat hands in front

Circle top of head in both directions with one hand covering the other

Press 3 times

Inhale and Slide down to belly

Exhale and circle both directions with one hand covering the other

Press 3 times

Fall asleep: Circle joints

Stay well within comfort or only use your imagination to gently circle:

Fingers

Wrists

Elbows

Shoulders

Ankles

Head at top of neck

Wipe top of foot with opposite foot

Smooth flow: Morning Meditation - Microcosmic Orbit

Send flow of warmth, light, syrup or energy in a circle

Women: up the front of the body and down the back

Men: up the back of the body and down the front

Evening Meditation - 4 Gates

Send flow of warmth, light, syrup or energy in a figure 8

Right foot to left hand

Left hand to right hand

Right hand to left foot

Left foot to right foot

(REPEAT)

Daily Mind/body moves:

Clean your beak - lead bent arm with elbow

Bow and arrow - point your arrow to side and pull your bow, switch sides and repeat

Rest and Digest:

Humming - change where you feel vibration to chest, abdomen, throat, face

Box breathing - count one beat longer for each side, example inhale 4, hold 5, exhale 6, hold 7