

## Qigong for Health

**Start** – Separate feet, raise hands to shoulder height, then lower to in front of lower dan tian

**Earth** – hands at lower dan tian  
3 breaths

**Metal** – hands at middle dan tian  
3 breaths

**Earth** – 3 breaths

**Water** – hands at lower dan tian  
3 breaths

**Earth** – 3 breaths

**Wood** – hands circle from lower dan tian to shoulder height  
3 breaths

**Earth** – 3 breaths

**Fire** – Hands in front of left and right sides of body  
3 breaths

**Earth** - 3 breaths

**Close** – raise hands to shoulder height and then down. Step in.

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## Warm-Ups

### Neck

Hands raise in front of you. Rotate palms to face you, and bring hands back and tuck chin. Rotate palms, extend hands forward and as you bring the hands down, bend head down. Repeat x 3.

### Trunk

Hold ball. Bring bottom hand up to press upward. Top hand presses down. Bring back to ball. Repeat starting with the opposite hand on top. Repeat x 3.

### Knees

Weight right. Place left foot forward, heel down, foot flat. Then shift weight onto left foot, and punch with right hand. Shift weight back to right foot, bring foot and fist back. Weight left and repeat. Repeat x 3.

## Cool-Downs

Thump Thighs

Tighten and relax all muscles

Circle arms out and up then down the midline

Wash Qi

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