

Seated Qigong for Seniors

By Bodhi Batista

Seated or standing make sure you are in a comfortable position, nice and tall.

1. Cleansing Breaths

Take a deep breath and visualize gathering white light all around your body as you breathe in bringing the arms up above your head. Then as you breathe out bring the arms down melting all tension down into the ground. Repeat.

2. Rolling the Joints

- a. **Neck.** Gently roll the neck around nice and relaxed. Repeat. Then switch directions.
- b. **Shoulders.** Roll the shoulders forward. Nice and gentle circles. Big rolling through as much range of motion as you possibly can. Repeat. Switch to back shoulder rolls. Next, bring your hands up to your shoulders and roll the shoulders forward and then roll the shoulders back.
- c. **Elbows.** Let the arms hang down and make inner circles with the arms and then outer circles.
- d. **Spine.** Roll the upper body circling around. Don't forget to roll the other way.
- e. **Knees.** If you're sitting down, hold on to the chair with both hands as you lift your knee up and rotate it, then rotate the other way. Switch knees and repeat.
- f. **Ankles.** Keeping the knee up, now rotate one ankle both ways, then switch to the other ankle and repeat.

3. Waking Up the Qi

Cup one hand and give a little tap all over the body starting with the arms. Next, tap the legs up and down, inside and outside of the legs.

4. Trembling Horse

Do a little shake. Shake from the shoulders relaxing the whole body, loosen up to help get the Qi flowing.

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5. Crane Opens its Chest

Cross your hands in front and take a deep breath in and arch your back as you breathe and open the arms wide. Breathe out, round your body and bring the arms down. Repeat.

6. Crane Stretches its Wings

Breathe in as you cross your hands. Move up your midline. As you bring your hands above your head, lead with the pinky and twist and turn the spine to the left fanning the fingers 45 in front and 45 back. As you breathe out lower the arms down. Repeat turning the spine to the right this time.

7. Crane Flies Over the Valley

Lean forward, if it feels comfortable keep your chin up and flatten your back. Extend your arms forward. Breathe in stretch the arms out, opening in the chest. Breathe out bring the arms down and contract. Repeat. To finish, roll your spine back up.

8. Crane Walks Over the Moors

If you're sitting down, hold on to your chair. Breathe in, lift the right knee up, the toe is pointing down. Breathe out, extend the leg flexing the foot and reach it out, then stretch touching the ground and finally draw the foot back in. Repeat on the left.

9. Cleansing Breaths

Take a deep breath and visualize gathering white light all around your body as you breathe in bringing the arms up above your head. Then as you breathe out bring the arms down melting all tension down into the ground. Repeat.

10. Raise Up the Wisdom Water

Inhale, bring your hands up from the midline with palm facing up. Turn the palms once they get to chest level. Breathe out as you push the hands down.