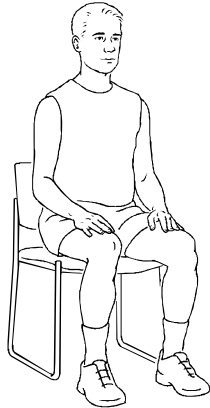


Mind Body Skills: Everyday QiGong

Routine For: Calming, Uplifting and Balancing Energy
Created By: Tricia Yu

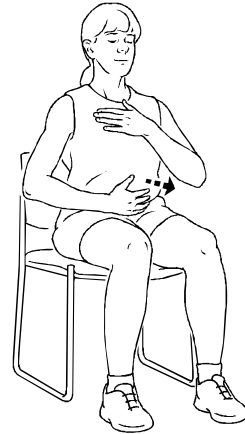
CENTERING FEET - HEAD - HANDS - BREATHING

Sit upright, FEET flat on floor, hip-width apart. HEAD relaxed and aligned. Eyes look forward aware of periphery. Sense HANDS, notice BREATHING.



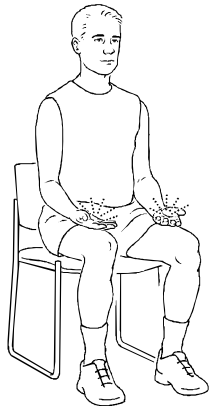
BREATH AWARENESS

After Centering, place hands on belly and chest to feel movement of your breathing. Inhale, allow belly to relax and expand. Exhale, belly naturally contracts.



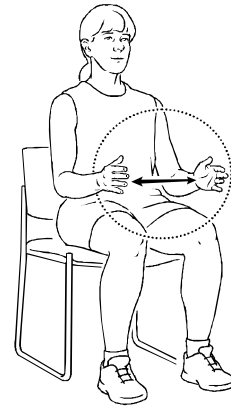
AWAKE HANDS Sensory Awareness (Sensing Qi)

After Centering and Breath Awareness, place hands on thighs, palms up with AWAKE HANDS: wrists and fingers straight and relaxed. Feel the sensation in your hands. Bring attention to each fingertip and thumb, and to the centers of your palms. Notice sensory differences between hands. Then return to awareness of breathing.



SENSING QI (Sensory Awareness and Breath Awareness)

After Centering, Breath Awareness and Awake Hands, move Awake Hands to face each other. Feel the sensation in and "between" your hands. Then, as you inhale, move hands slightly apart. As you exhale, move hands closer. Notice changes in sensation in and "between" hands as you move them apart and closer with your breathing. Repeat 3x.



.....Energizer Warm Up Exercises

Routine For: Pats' version of Energizer warm-ups
Created By: Pat Culotti

Pat's version of Energizer Warm-ups with detail 2016

BREATHING - 7 MOVEMENT: Breathing Crane

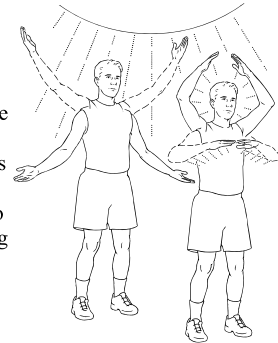
Stand in Horse Stance, or the wider stance from last posture, hands in front of belly, palm up, fingers face each other as if holding a ball. Focus on 1-2 breaths. Then, inhale: raising hands to sternum. Exhale: lowering hands to belly. Breathe naturally; movement follows breath.



Repeat 3-5 times.

ADVANCED OPTIONS - 29 VISUALIZATION Bathing in the Light

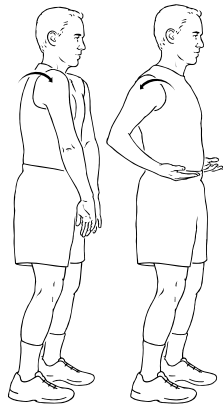
Stand in Horse Stance or still in wider stance, arms out, palms up. Imagine that you are surrounded by cleansing and healing light. As you raise arms and bend your elbows, you are gathering the light; as you lower arms, you are drawing the healing light into your body. Move in a flowing sequence or pause for a few moments in each position.



Repeat 1-3 times.

UPPER EXTREMITY - 22 FLEXIBILITY Crane Spreads Wings

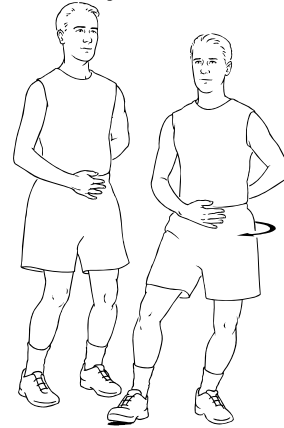
Combine with Stable and open:
Round shoulders forward, rotating arms in and bringing backs of hands together. Pause for one full breath, relaxing into upper back stretch. Then roll shoulders back, bending elbows, turning palms to face up. Pause for one full breath, relaxing into chest stretch.



Repeat 2-6 times.

WEIGHT SHIFTING - 9 Stable and Open

Start in Horse Stance, one hand on belly, other on lower back. Shift weight onto one foot. Turn pelvis, torso, other leg outward 20-45° pivoting on heel. Explore your full range and combine with the Arm movement of Crane Spreads wings.



Repeat 2-6 times each side.

Energizer Warm Up Exercises

Routine For: Pats' version of Energizer warm-ups
Created By: Pat Culotti

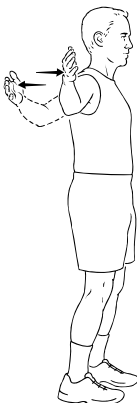
Pat's version of Energizer Warm-ups with detail 2016

UPPER EXTREMITY - 21 FLEXIBILITY

Soar Above the Clouds

Stand in wider Horse Stance arms at sides, shoulder height, hands facing forward, elbows slightly bent. Slowly move arms back, feeling stretch at shoulders, arms, chest. Then move arms slightly forward, still at shoulder height. It is possible to Hold each position 2-10 seconds and to move to full range both forward (hugging) and back as a stretch.

Repeat 2-5 times.

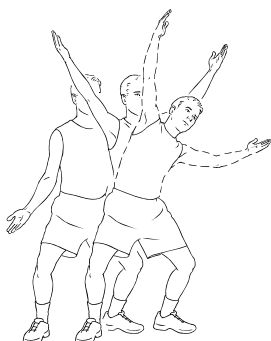


UPPER EXTREMITY - 23 FLEXIBILITY

Stand Firm and Embrace the Sky

Stand with feet hip-width, toes pointing out 20-45° knees slightly bent, aligned over feet, arms at sides, fingers pointing out and down. Hold 5-10 seconds. Raise arms above head, fingers point out and up. Reach and bend to one side. Hold 2-10 seconds. Pause, reach and bend to other side. Hold 2-10 seconds.

Repeat 2-6 times on each side.



SPINE - 41 FLEXIBILITY

Stand Firm and Rotate the Sky

From last posture with arms overhead and Standing with feet hip-width, toes pointing out 20-45° knees slightly bent, aligned over feet. Begin lowering arms with elbows heavy at sides, with spine erect and pelvis stationary, start rotating arms side to side, thereby rotating spinal column. Keep pelvis still.

Repeat 2-5 times on each side.

