

Qigong warm-ups:

1. Twist spine (hit back & shoulder)
2. Turtles, reverse turtles
3. Ear to shoulder, roll down to other shoulder
4. Roll shoulders forward, then back.
5. With soft fist, reach arm forward, up & back (in a circle); switch arms
6. *child prays to Buddha*
Women grab left wrist, men right: circle pelvis like tailbone drawing circle one the ground
7. Divine dragon stirs the seas: thumbs forward on waist, tilt to one side, then rotate in full circle; switch
8. Rotate knees out, forward, in and down (with hands on knee caps); switch directions

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