SFQ

SPRING FOREST QIGONG

The 9's Exercise

Bounce from knees with feet flat on floor to rev qi for 1-4 minutes, exhaling through mouth~inhaling through nose. Continue bouncing lift arms with relaxed wrists for a minute or two. S.M.I.L.E.

1. Tap cheekbone under pupil of eye. (Stomach 2 point.) 9X
2. Tap origin of eyebrows above nose-bridge. (Bladder 2 pt.) 9X
3. Cup crown of head. (Governing Vessel-Bai hui pt.) 9X
4. Cup the base of the skull. (Open channels to head) 9X
5. Massage gently cervical 7 vertebrae. 9X
6. Clap hands (to activate heart and pericardium channels) 9X
7. Cup crook of elbows. (Left first then right (Lg. intestine pt.) 9X
8. Cup under each arm. (Left first then right (Heart 1 pt.) 9X
9. Tap tailbone with loose fist for 9-90 seconds.
10. Tap hip joints/points with loose fists for 9-90 seconds.
11. Knees: Cup kneecaps, then behind knees, then sides of left knee, then sides of right knee. Each 9X

Hands in prayer pose. Give gratitude and set intentions for the day.

By Ann Cathcart BA, BSN, RN, HTCP, HNB-BC, Master Healer
clrpath@mchsi.com