

24 POSTURES THERAPEUTIC QIGONG Health, Healing, and Longevity

Postures 17-24

LOWER BODY: Third 8 movements

Place tongue on the roof of the mouth. Breathe deeply and move slowly. "Wash the organs" between each practice.

17. Combining Yin and Yang Into One

Sink and cross hands in front of *dantien*. Inhale as you raise crossed hands over head. Exhale as you bring crossed hands down to chest, cradle the qi, and release down. BALANCE YIN AND YANG ENERGIES, CULTIVATE PARASYMPATHETIC NERVOUS SYSTEM RESPONSE.

18. White Crane Circles Knees

Breathe naturally. Bend gently forward, place your hands on your knees, and circle the knees clockwise and then counterclockwise an equal number of times. Breathe naturally. ENHANCES LOWER CIRCULATION IN THE KNEES AND LOWER BODY, STRETCHES LOWER LEG MUSCLES, AND IMPROVES BALANCE.

19. Riding the Horse

Widen stance. Hold ball between hands as you inhale and squat. Exhale as you push up from the K-1 point and bring the ball up to the chest. STRENGTHENS LOWER BODY AND CIRCULATES QI IN THE CORE CHANNEL AND MICROCOSMIC ORBIT.

20. Taming the Tiger (side to side)

Widen your stance and inhale as you sink down to the left side, then exhale as you return to center. Hands hang loosely at your side or can be placed on your hips. Trunk remains erect as you shift from side to side. STRETCHES AND STRENGTHENS INNER THIGH MUSCLES, HAMSTRINGS, AND CALF MUSCLES. IMPROVED BALANCE.

21. Swordsmith Stokes Fires

Beginner practice: Begin with feet shoulder width apart, and step out with your right foot, and punch forward as you bring your left foot behind you (cf. curtsy). Advanced practice: Swing right heel forward and turn to the side on the ball of this foot, at the same time step behind with your left foot (curtsy position) and punch to the side. Key is turning on the balls of the feet. BALANCE, BALANCE, BALANCE!

22. Circulating Qi Through Meridians

Inhale as you push up with the left hand palm up and circle (don't spill the tea!) and reach upwards. Then bring left arm across body, leading with your elbow, and drawing the qi down the right side of your body to the knees, then return to center. Repeat on the opposite side. FASCIAL STRETCH AND CIRCULATING QI UP ONE SIDE OF THE BODY AND DOWN THE OTHER. BALANCE.

23. Kicks in Four Directions

Bring feet closer than shoulder width, then kick forward, kick backwards, kick across your body, and kick backwards and to the side (N,E, S, W 4 directions. Repeat with opposite leg. Breathe naturally. STRENGTHENS LOWER BODY AND IMPROVES BALANCE.

24. Tai Chi Weight Shifting and Stretching

Step forward with your left foot and stretch up from the heel. Step through with your right foot and bring left toe up to stretch ball of left foot. Step back with your right foot and stretch up again from heel of left foot. Repeat on opposite side. Breathe naturally. STRETCH FOR FOOT AND MERIDIAN POINTS OF SPLEEN AND LIVER. BALANCE.