

## **24 POSTURES THERAPEUTIC QIGONG 1-9 for Health, Healing, and Longevity**

### **Postures 9-16**

#### **MIDDLE BODY: Second 8 movements**

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

#### **9. Circulate the Qi**

Cross hands over *dantien*. Massage abdomen with a circular motion, breathing in as hands move up, and down as they move down. Repeat in opposite direction. DIGESTION, VISCELAR MASSAGE.

#### **10. Lotus Leaves Rusting in the Wind**

Place hands slightly below kidneys and make small circles with the hips. Repeat in opposite direction. Breathe naturally. LOWER BACK, BLADDER, KIDNEYS, ADRENALS.

#### **11. Push the Stone Tablet**

Begin with hands at sides in loose fists. Inhale and push left palm forwards as right elbow stretches straight back, turning head to look at right elbow. Exhale as you return, relax, and sink. Repeat on opposite side.

GENTLE ROTATION OF SPINE FROM TOP TO BOTTOM.

#### **12. Thrust into the Mountain (double exhale)**

Place left hand in "hug the tree" position, right hand in loose fist at your side. Inhale as you turn the left palm out, lift right toe and rotate on right heel as you move left hand and right foot to the left, ending with left hand in loose fist at side. Sink and settle into a strong, steady 70-30 bow stance. Exhale as you thrust your right hand forward. Thrust right hand forward a second time and exhale a second time. Repeat on opposite side. BALANCE, STABILITY, CLEANSING TOXINS.

#### **13. Part the Wild Horse's Mane**

Widen your stance slightly, cross left hand over right with fingers pointing forward. Inhale as you raise crossed hands over your head, pushing your feet into the ground. Exhale and straighten as your hands come down to your sides, following your left hand with your gaze. Repeat on the opposite side. HAMSTRING STRETCH, OPENS LOW BACK, STRENGTHENS CORE.

#### **14. Willows in the Wind**

Widen your stance slightly, and placing left hand at your waist, inhale as you raise your right hand behind your head, touching your ear, then lift your right elbow straight up. Listen to your body and do not stretch beyond

your comfort level. Exhale as you return to center. Repeat on opposite side. DRAINS LYMPH, IMPROVES IMMUNE RESPONSE.

### **15. Phoenix Spreads Its Wings**

Widen your stance slightly, and place both hands on your upper thighs. Inhale as you move your right hand to your left thigh and follow your left hand as you raise it straight up (e.g. think of an airplane propeller). Exhale as you return to center. Repeat on opposite side. BUILDS LEG AND WAIST STRENGTH, STRETCH FOR PELVIC LIGAMENTS AND VISCERAL MASSAGE.

### **16. Green Dragon Dashes and Turns (double breath)**

Part 1-same as #12 Thrust into the Mountain except that you hold the ball with 2 hands (no thrust).

Part 2-Carry the ball in a complete circle in front of your torso.

Part 3-Carry the ball in a complete circle a second time over your head, ending your rotation with your right arm in the “hug the tree position” and left hand at the waist in a loose fist. Repeat entire sequence on opposite side. BALANCE, STABILITY, COORDINATION, FLEXIBILITY.