

## 24 POSTURES THERAPEUTIC QIGONG For Health, Healing, and Longevity

### POSTURES 1-8

#### UPPER BODY: First 8 movements

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

#### 1. Absorb the Qi

Cross hands over *dantien*. Focus awareness on the acupuncture points at the crown of the head and behind the ball of each foot. Sense your body filling with energy. PARASYMPATHETIC NERVOUS SYSTEM.

#### 2. Search the Sea

Beginning at the center, turn head from side to side and back to the center. UPPER CERVICAL SPINE.

#### 3. Look up at the Moon

Keep the chin down, turn head from side to side and gently glance upwards. LOWER CERVICAL SPINE

#### 4. Lift the Tripod

Bend elbows, and with palms forward, stretch up and flex wrists. Relax, and release the shoulders and knees as the arms come down. FASCIAL STRETCH SPINE, ORGANS, ARMS.

#### 5. Draw the Bow

Form a triangle with hands in front of the body at chest level. Open arms forming "goalposts" on each side, stretch and tighten, bringing the shoulder blades together. Relax and release shoulders and knees and the arms come back to center. HEART, LUNGS, CHEST STRETCH.

#### 6. Falcon Flaps Wings

Place the backs of both hands together in front of the lower abdomen. Bring the hands up the center line until they form a "shelf" under the chin. Stretch tighten, and release as they arms come back down the center line. SHOULDERS, ROTATOR CUFF, LYMPH NODES.

#### 7. Plucking the Stars

Place right hand behind the back, and left hand in front of the lower abdomen. Bring the left hand up the center line, then make the palm flat as though holding a plate, circle it around, and stretch it up toward the sky. At the highest point, lift up the heels as though you are plucking a star. As heels come down, allow your arm to float down to your side, following your arm with your eyes. Repeat on the other side. STRETCH HEART & SMALL INTESTINE MERIDIAN.

#### **8. Wave Arms in Both Directions (double breath)**

Begin with both arms at you side. Breathe in as you lift them up over your head and cross them. Breathe out as you bring your arms down, striking the acupuncture point at your mid thigh. Breathe in again as your hands come together in front of your chest, with fingertips touching. Breathe out as your hands come down and strike the midhigh acupuncture point again and return to the center, and back down to your side. BALANCE YIN AND YANG, RIGHT & LEFT BRAIN COORDINATION.