

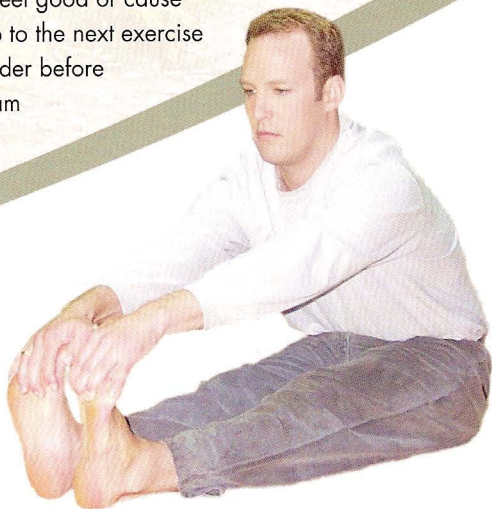
QI GONG FOR LOW BACK PAIN™

EXERCISE GUIDELINES

*Qi Gong is a safe gentle form of exercise,
stretching and flowing movement.
Every individual is different in their exercise needs.*

For best results:

- Watch the entire program before performing the exercises yourself
- Wait at least a half-hour after eating before you begin Qi Gong
- Wear comfortable loose fitting clothes before exercising
- If any of the exercises do not feel good or cause discomfort, discontinue or skip to the next exercise
- Consult your health care provider before beginning this exercise program



PACIFIC
HEALING
ARTS

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○ *Lying*

- 1. Deep Abdominal Breathing – feet flat on floor
- 2. Mountain Raises from the Sea – spinal lift
- 3. Hug Both Knees to Chest
- 4. Both Knees Twist
- 5. Gluteal Stretch – foot on thigh
- 6. Twist to Both Sides – one leg on top of other
- 7. Head to Sky Crunch – lift head and hold
- 8. Monkey Plays on the Ground – psoas and core strength
- 9. Pulling the Bow – core strength and abs
- 10. Hold Behind the Hamstring – psoas and core strength
- 11. Bicycle Legs – strengthen the abdominals

○ *Face Down*

- 1. Flying – low back strength
- 2. Cobra's Ritual – low back mobility
- 3. Down Dog – strength and flexibility
- 4. Peacock Looks at Tail – low back mobility, gluteal stretch
- 5. Dog wags tail – lateral mobility

○ *Seated*

- 1. Cross-legged Forward Bend
- 2. Turtle – open hips, elongate spine
- 3. Forward bend – hamstring stretch
- 4. Snake turns body – low back mobility
- 5. Wide Leg Forward Bend – hamstring stretch
- 6. Forward bend one knee bent – low back stretch
- 7. Squat – open hips, low back stretch

○ *Standing*

- 1. Thumbs Press – low back pressure points and mobility
- 2. Tailbone circle – open joints through low back and hips
- 3. Knocking on the Door of Life – circulation into the low back
- 4. Kidney Knocking – circulation into the low back
- 5. Picking Cherries – elongate the low back area
- 6. Wide Leg Twist – joint mobility in the low back
- 7. Wide Leg Forward Bend – stretch hamstrings
- 8. Wave – joint mobility
- 9. Fountain – bring energy and circulation to low back
- 10. Between Heaven and Earth – bring energy and circulation to low back
- 11. Bamboo in the Wind – center and unwinding