

Qi Gong

Deeper Flow™

with Lee Holden

Take this pocket guide with you, and use it as a reminder when a DVD player is not available.

EXERCISE GUIDELINES

Congratulations! You're about to experience new levels of health, energy, and relaxation! This routine involves gentle flowing movements drawn from Qi Gong practices dating back thousands of years. While it's a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

- Before doing the *Qi Gong* routine(s), watch the entire DVD all the way through. Lee has broken down each routine step-by-step for you.
- Wear comfortable, loose clothing that allows you to move freely.
- Don't exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.
- There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, **STOP**. Remember, this isn't a competition. Listen to your body!
- Feel free to take a break at any time during the routine; you will still experience benefits from your Qi Gong practice.

**ALWAYS TALK TO YOUR DOCTOR BEFORE
BEGINNING ANY NEW EXERCISE PROGRAM**

Deeper Flow: Sequence of Movements

1. Deep Breathing

Brings vital energy into the whole body.

2. Fire Breathing

Massages internal organs, brings energy to the center of the body, and ignites the Qi within.

3. The Pump

Stimulates internal energy. Improves circulation to the lower back, hands, feet, and extremities.

4. Knocking on the Door of Life: Wide-Leg Stance

Increases energy and deep vitality by stimulating the pressure point known as the "Door of Life."

5. Standing Spinal Twist with Hands on Knees

Brings flow and flexibility into the low back and hips while opening the rib cage.

6. Wide-Leg Stretch: Side to Side

Stretches inside of the legs. Opens Yin meridian lines and energy pathways.

7. Moving the Body Like a River

Cultivates overall strength and flexibility for more balance in the body.

8. Full-Body Flow with Opening the Door of Life

Opens the major muscles of the body. Clears tension between the low back, the hips, and the hamstrings.

9. Lunge and Flow

Synchronizes the mind and the body. Builds strength and power in the lower body; stimulates flow and flexibility in the upper body.

10. The Tiger

Brings openness and flexibility to the hips, low back, and legs. Cultivates internal power.

11. Hands Behind Lower Back with Head Circles

Stretches the neck and shoulders. Also opens the wrists, forearms, and shoulders.

- 12. Forward Bend with Interlocked Fingers Behind Back**
 Clears tension and opens energy pathways down the back of the legs, through the hamstrings and lower back, and in the upper body.
- 13. The Wave**
 Brings flow through the spine. Opens energy flow through the front and back of the body.
- 14. Cross-Body Knee Lifts**
 Opens the inside and outside of the hips. Improves balance and stimulates circulation to the muscles, tendons, and ligaments.
- 15. Arm Spirals**
 Opens joints throughout the whole body.
- 16. Double Arm Spiral**
 Strengthens the spine. Opens the lower back, hips, and waist, and stimulates energy flow through the chest and arms.
- 17. Teacups**
 Benefits the joints. Stretches the ligaments and tendons and stimulates the flow of good Qi throughout the body.
- 18. The Buddha Flow**
 Relaxes the mind and creates balance in emotional energy. Stimulates creativity and opens the mind to inspiration.
- 19. Alternating Hand-Over-Head Stretch**
 Brings energy to the internal organs. Opens the meridian, or energy, pathways to the sides of the body.
- 20. Spinal Twist with Forward and Back Hand-Stretch**
 Releases tension from the upper body. Brings fresh “Qi-flow” to all the internal organs.

Deeper Flow: Sequence of Movements

(continued)

21. Upper Tan Tien Flow

Draws energy to the mind center; opens the seat of consciousness.

22. Middle Tan Tien Flow

Draws energy to the heart center; opens the seat of compassion.

23. Lower Tan Tien Flow

Brings energy into the lower abdomen; cultivates internal energy and physical vitality.

24. Combined Upper, Middle, and Lower Tan Tien Flow

Feeds and nourishes your whole system with new life force.

25. Wrist Cross Flow

Brings Qi and life-force energy into and around the body. Helps to keep you open, connected, and balanced.

26. Qi Ball

Develops sensitivity. Stimulates awareness of life-force energy and builds connection to Qi.

27. Turning the Wheel

Circulates Qi. Relaxes the mind and nerves, while recharging the whole body.

28. Centering

Brings life-force energy back to the center of the body.

29. Bamboo in the Wind

Allows the body to come back to a place of being balanced and centered.

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