

Qi Gong

For Healthy Joints & Bones™

with Lee Holden

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

GUIDELINES & TIPS

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.
- ▶ 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!

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

Lee's Sequence of Movements

1. Spinal Cord Breathing

Increases the range of motion in the spinal joints and enhances the flow of cerebral spinal fluid, creating suppleness through the back.

2. Spinal Twist

Clears back tension, increases range of motion.

3. Knocking on the Door of Life

Increases spinal flexibility and circulation to the low back; stimulates pressure points for more energy.

4. Wave

Opens the joints and trains the body to move with relaxation.

5. Turtle Neck

Opens the joints through the spine and neck.

6. Palm Press Together Behind the Back

Stretches the neck muscles and opens the cervical (neck) spine.

7. One Hand Behind Back, Twist Over Shoulder

Opens the shoulder joint; stretches the muscles and tendons around the shoulder.

8. Shoulder Circles

Opens the shoulder joint; increases circulation around and through the shoulder.

9. Shoulder Shrugs

Opens the shoulder joint; increases circulation around and through the shoulder; helps relax the upper body.

Qi Gong

For Healthy Joints & Bones™

with Lee Holden

10. Elbows

Opens the elbow joints; increases the circulation around the elbows.

11. Hips

Increases circulation to the hip joints; opens the low back.

12. Tailbone

Opens the sacrum, hips, and low back; increases circulation to the tailbone.

13. Leg Swing

Opens both the inner and outer parts of the hip; develops coordination and balance.

14. Knees

Increases circulation and energy to the knees.

15. Ankles

Opens the ankle joints; good exercise for balance.

16. Wrists

Opens the wrist joints; brings circulation to the hands; excellent for arthritis in the hands.

17. Wrist Circles

Opens the wrist joints; brings circulation to the hands; excellent for arthritis in the hands.

Lee's Sequence of Movements Continued...

18. Wrist Shaking

Opens all the joints, clears stress and tension, and increases energy.

19. Whole Body Shaking

Opens all joints in the body; releases stagnant energy.

20. Arm Spirals

Opens all the joints in the body; develops coordination and balance.

21. Tai Chi Opening

Increases energy in the body; trains the body to move without tension; brings energy into the bones.

22. Bone Breathing Movement

Creates a mind/body connection for the bones; increases energy to the bones.

23. Bone Strengthening

Develops strong bones; cultivates deep energy.

24. Pulling Down the Heavens

Helps cultivate relaxation and healing energy in the whole body.