

Seated Qi Gong exercise guide

Welcome to the world of Qi Gong, translated as 'Cultivating Life Force'. A common saying in this art is "a journey of a thousand miles starts with the first step", so please be patient and try and do regular daily practice. If you do just a few minutes a day, you will more than likely feel the benefits within a couple of weeks!

Safety

We have to start by giving a few safety tips which you will hear repeated regularly in class. The key points are:-

1. Stay within your comfort zone (we call it "soft limits") never go into any area of pain or discomfort !
2. Do not rush the exercises. Remember the key words of Qi Gong are 'soft' and 'slow'. Never rush. Build up the length of your practice over time.
3. Listen to your body and rest when you feel tired. Try and drink water after the sessions . This is very good for flushing out toxins.
4. It is best to wear loose comfortable clothing and flat well fitting shoes.

Posture

First, find a safe solid chair that is stable. For the Qi energy to flow, it is important to sit upright and elongate the spine, as if there is a thread from heaven attached to the crown of your head and pulling you up. To achieve this, it is best to sit away from the back of the chair but if this is not comfortable for you, don't worry.

Try and relax the shoulders and just let your arms hang to the side or just put your palms on your lap.

Finally, feet should be flat on the floor and shoulder width apart.



Now, enough preparation, let's get to it and work our way down the body, exercising each key area in turn.

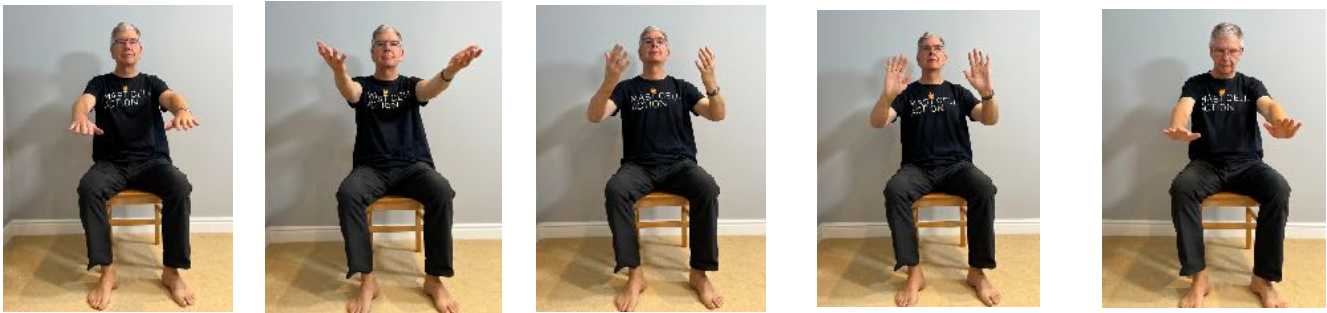
Remember through all these exercises , if you can, breathe through your nose and keep that tip of the tongue on the roof of your mouth.

Neck

Start by raising your arms to shoulder height in front of you and breathing in. Continue by turning your palms up and bring your hands towards your face as if you are pushing your head back. Stay within your soft limits.

Now, push the palms out and lower the arms in front of you, breathing out all the way. Follow your hands down with your eyes and tilt the head forward, feeling a light stretch at the back of the neck.

As you move your arms imagine you are moving them through a thick fluid and feel the resistance.



Neck exercise 2'

Take one arm and stretch it out in front of you at head height with your Palm facing you. Now move hand to the side (same side as arm) and follow by turning your head, then slowly bring it back to centre following with your head. Always keep within your soft limits and do not strain the neck muscles.

The other arm should sink, Palm down, to the side.

Now raise the other arm and repeat the move on the other side. Remember, move with resistance.



Shoulders

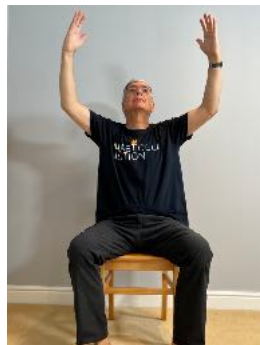
Have your arms hanging down to the side and roll your shoulders. Pick up the shoulders and roll them to front and repeat in a circular motion.

Now reverse the direction of roll and roll them back and open the shoulders slowly.

Shoulder exercise 2

Start with hands on lap and bring arms up and out to the side of the body in a circle, palms facing out. As the arms descend palms face down. Continue the circles.

You may through repetition and over time bring the hands higher. If you find it uncomfortable or painful, go no further but just imagine/ visualise your hands are coming up higher.



Spine

We call this one "pushing Heaven and Earth". Start with your arms crossed in front of the chest. The hand on the inside rises up and rests Palm facing up above your head, or as near as you can get it. The other hand comes down to your side Palm down. Now, push to Heaven and push to Earth and lengthen the spine.

Relax when you do this and try not to lock the elbows.

Now change arms with the other arm on the inside to go to Heaven.



Spine exercise 2

Hold an imaginary ball in front of you. Put your right Palm face down on top . Now turn waist to the right until the ball reaches your knee. Do not go any further, no need!

Now, turn the ball over with the other hand on top and turn from the waist to the other side.

This loosens the spine gently but remember, stay within the frame of the body- do not go past the knee.



Now relax and why not record the time of your workout and the number of repetitions of each and compare each week.

Good luck.


MAST CELL
ACTION

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