**Qi Gong Exercises**

Warm up exercises

* Rotate hands both ways
* Rotate arms from shoulders, forward first then backwards
* Rub temples in a circular motion both ways
* Sway/turn side to side from hips
* Kidney slap
* Touch your toes 3x
* Clap 3x
* Arms parallel to the ground in front of you, lower them down to your thighs gently 3x
* Arms out to your sides (same as above) 3x

*Preliminary Exercises*

"Reach to heaven" Hands in the mudra position, raise hands clasped together above your head so the palms face up, release hands and let them fall gently in a wide circle 3 or 4x. Only hold the hands clasped the first time.

"Touching the World" Hands in the mudra, heshu, run hands down the center line of the body, down inner legs, up back of legs, up your back, thru your arm pits, up over face, down the back of your head. 3 - 4 x. End in the mudra

"level 1 Earth exercise":

Mudra, heshu, left arm up right arm down, switch arms, energy ball, turn left, step forward and extend left arm forward (right arm back), step back rotating arms into heshu. Repeat right arm step to the right, repeat forward with the right arm, repeat backwards with left arm.

Hands to your heart, breath out, expel stagnant chi, move hands from heart and extend arms out front, widen arms in a circle in front of you as you brethe in, breath out as you reduce the circle and concentrate the chi toward the heart, breath in arms to heart hold for minimum of 1 minute.

Move hands slowly down and place them one over the other without touching them together below the belly button. Hold for a minimum of 1 minute.

Mudra, back straight, chi breathing for at least 2 minutes. When finished step forward, heshu.