

Introductory Qigong Practices

Posture, Breath & Intention

Wuji Posture	HYSEQ pg 23-25
	MQEP pg 35-37
Qigong Breathing	HYSWQ pg 27
	HW pg 86-89
Intention Setting	HYSWQ pg 28-29

Pulling Down Heavens

HYSWQ pg 32-35

Shaking Qigong

Also known as “Vibrating Relaxation Qigong”

CMQ pg 297

Golden Ball

The Daoist Five Qigong Form

Suzanne Friedman
(Dr. Her Yue Wong, China)

Gather	Inhale
Raise	Exhale
Expand	Inhale
Contract	Exhale
Flow In	Inhale
Flow Out	Exhale
Lower	Inhale
Disperse	Exhale

Acu-Point Tapping

Also known as “Slapping Relaxation Qigong”

CMQ 297