

Wuji & Warm-Up Qigong

Wuji Posture

HYSWQ pg 23-25

MQEP pg 35-37

1. Stand with the feet flat
2. Bend the knees
3. Relax the hips
4. Close the anal sphincter
5. Relax the waist
6. Tuck in the chest & relax upper limbs
7. Suspend the head & tuck the chin
8. Close the eyes for inner vision
9. Touch the tongue to the upper palate

LIVING ALIGNED

Warm-Up Exercises

HYSWQ Chapter 4, Suzanne Friedman

Turtles

Neck Side to Side

Ear to Shoulder

Shoulder Rolls

Soft Fist

Wrist Exercise

Divine Dragon Stirs the Sea

Hip Circles

Knee Circles

Forward Bend

Ankle Circles

Hand Shaking