

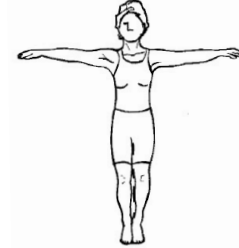


QIGONG BREATHING... "Circling the Arms"

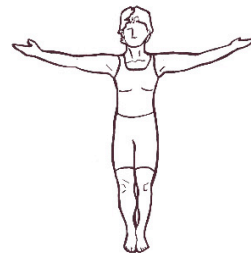
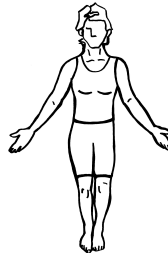
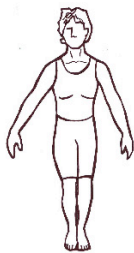
NANCY GARDNER



Breathing is deep, full, relaxed and natural... ideally inhaling and exhaling through your nose with your tongue resting on the roof of your mouth. Allow your abdomen and your low back to expand on inhalation and relax on exhalation. Keep your shoulders relaxed.



Stand, feet together. Start with your hands crossed just below your navel. Breathe in and slowly go up on your toes as you move your hands up the front of your body, changing them from palms-to-face as they rise to palms-out overhead, then separate your hands and move your arms out to your sides, palms down.



Breathe out as your hands pass shoulder level, slowly lowering your heels. Cross your hands slightly in front of your body and reverse the direction of your movement. Breathe in as you lift your arms up (palms up) out to your sides and over your head, going up on your toes.



Bring your hands down the center of your body, hand over hand. Breathe out as they pass your nose and continue down to your sides, slowly lowering your heels. That's one complete cycle. To repeat, let your arms open out slightly, then cross them below your navel and begin the sequence again. Do 10 complete cycles.