

# Qigong Breathing Sequence Reminder

*1st Inhale* ~ arms float out to sides

*1st Exhale* ~ arms relax, but stay out to sides

*2nd Inhale* ~ arms cross in front of you

*2nd Exhale* ~ arms relax, but stay out (right wrist is crossed over left)

*3rd Inhale* ~ keep wrists together, and bring arms down, then flip, keeping wrists together as you do so

*3rd Exhale* ~ let wrists separate, arms float up in front of you

*4th Inhale* ~ arms float back out to sides

*4th Exhale* ~ arms relax, but stay out at sides

*5th & 6th Inhale* ~ "scrunch in" by bringing arms in and bending legs slightly

*5th & 6th Exhale* ~ relax back to open - arms out to sides, legs in horse-riding stance

*7th Inhale* ~ "scrunch in" again

*7th Exhale* ~ arms rise above head, and stand on your toes

*8th Inhale* ~ arms float down to sides (remain on toes as able)

*8th Exhale* ~ feet flat on floor, hands cupped in front of you

*9th Inhale* ~ look left, stretching vision to left

*9th Exhale* ~ head back to center

*10th Inhale* ~ look right, stretching vision to right

*10th Exhale* ~ head back to center

*11th & 12th Inhales* ~ repeat above, switching directions with each inhale

*11 & 12th Exhales* ~ head back to center

*13th Inhale* ~ arms float up in front of you

*13th Exhale* ~ bend from waist to slowly touch floor, or as close as possible without discomfort

(anyone with balance issues NOT comfortable with bending over should instead try to sink their weight down INTO the floor for this sequence)

*14th & 15th Inhale* ~ repeat above, standing fully with the inhale

*14th & 15th Exhale* ~ repeat above

*16th Inhale* ~ as you rise, arms cross gently in front of you - left arm on the inside

*16th Exhale* ~ left arm rises as though holding up heaven, while right arm goes down as though pressing on earth

*17th Inhale* ~ arms come to cross gently in front of you, right arm on the inside

*17th Exhale* ~ right arm rises as though holding up heaven, while left arm goes down as though pressing on earth

*18th - 22nd Inhale* ~ repeat above, switching arms with each inhale

*18th - 22nd Exhale* ~ repeat above, switching arms with each exhale

*23rd Inhale* ~ arms float out to the sides

*23rd Exhale* ~ arms relax open

*24th Inhale* ~ arms cross in front of you

*24th Exhale* ~ arms relax, but stay out (right wrist is crossed over left)

*25th Inhale* ~ keep wrists together, and bring arms down, then flip, keeping wrists together as you do so

*25th Exhale* ~ let wrists separate, arms float down

This is one sequence of qigong breathing, as taught by Adrian VanKeuren.

Remember to **stay grounded** in horse-riding stance as you practice this.

The spine stays straight, and the head is always "lifting" the body and spine up.

Pay attention to cross-over of central nervous system - you might feel as though one foot is more weighted than the other at some points in this sequence.