

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.