

Qigong Huanyuan

Dec 2020

Preparation: Wuji Standing Posture

3 positive / negative circles(eyes follow)

1 Lower the Qi & Cleanse Internally

La gong over bi way hands in front of face & chest stop in front of knees

2 Gather the Qi to the 3 Dantien

3 Two Hands Rub the Ball

Vertical large circles 18 times each direction

4 The Three Dantien Open & Close

Hands open & close gathering the chi

5 Sun & Moon Turning

6 Circular Extension & Contraction

Right foot out positive /negative circle repeat left side

7 Single Leg Ascending & Descending

Both hands down & come up inside of leg

8 Double Leg Ascending & Descending

Both hands embrace stomach come up inside of leg

9 Belt Meridian Grinding

Horizontal circles clockwise / counter clockwise (9)

10 Heaven & Earth Open & Close

Fold hands left on top over stomach raise hands open / close

11 Collecting the Qi to the Dantien

Hands brush across dan tien

12. Health Massage Techniques

Wash head & face (9)

Massage yin xiang

Closing Baoyuan Guyi (All become one)

Repeat 3 times at the end of each form

Hands rest on top of each other over dan tien

Martin Finkelstein Certified Instructor

970 948 7379 Tai Chi / Qigong

taichiwithmarty@gmail.com

www.taichiwithmarty.com

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