**Qi Gong practices**

You can slow down each of the exercises to increase awareness of how it feels…

1. **Wake Up Stretch**

Beginning with your hands just below your belly button… On the in-breath bringing them up, above your head, and on the out-breath bringing them bringing them round and down making a large circle… Really enjoying that feeling of letting go and relaxing as you bring your arms round and down… On the in-breath bringing them up … On the out-breath making a large circle …. And really stretching… And again, noticing how it feels to move in this way… feeling the hands… the shoulder joints… the elbows… the stomach… really turning into how your body feels… practice about 8 of these stretches… and once more coming to rest and just standing noticing what the body feels like after that movement… and when you’re ready, easing out of the body in a way that feels natural to you.

1. **Raising Hands**

Standing with feet hit width apart… and turning into the soles of your feet… Using your sensing mind to really feel how they feel in this instant… Feeling the force of gravity pulling you towards the ground… The contact with floor… the floor supported by the building.. and the building supported by the ground… Now bringing you hands up to about eye-level… raising them with the in breath… and then lowering them with the out breath… Really turning into how it feels to move your arms… And doing this slowly so that you can really feel this from moment to moment. Try closing your eyes for a moment or two and see if that helps bring your mind into the moment even more… And then just coming back to just standing…

1. **Between Trees**

And now, bringing your hands in front of your chest as though you are holding a football… And on the in-breath stretching them out to either side… And then on the out-breath bringing them back to hold this imaginary football… In-breath – stretching them out… Out-breath, bringing them back… You can imagine you are standing between two trees, and with the in-breath you’re stretching your hands out to touch them… And again, really feeling these sensations in the body… in your chest, and back and arms and hands… noticing if your attention goes out of your body and becomes distracted by thoughts or other people… and then just gently coming back to the sensations of breathing and movement… And now imagining that the trees have moved just a couple of inches further apart and you have to stretch even more… and noticing what that feels like… really paying close attention to this feeling of stretching… And once more coming back to standing and breathing, and again noticing how your feel after that movement… How do your arms feel? Your hands? Your back and shoulders?

1. **Moving hands from stomach to eyes**

And now gently bringing your hands to a point just below your belly-button… And on the in-breath bringing them upwards to about the level of your eyes… And then on the out-breath bringing them downwards… In-breath, bringing them up and out-breath bringing them down… Really paying attention to how it feels to move your arms in this way… Can you notice the air brushing against your skin (if sleeveless)? … How does your breath feel as you combine it with the movement of the arms?... When the mind wanders away, or you notice you’ve become distracted, just simply bring the mind back to the feeling of the arms moving… In… Out… And now he next time you breathe out and bring your hands down… twisting your body round to one side and then on the in-breath brining your hands up on that side of the body… On the out-breath bringing your hand back down and then twisting your body round to the other side… As you do these movements, really paying attention to how it feels to twist the body and move the arms… When the mind wanders away, just coming back to the feeling of the movement… (repeat the side to side movements about 4 times) … And now coming back to rest, and just noticing how your body feels after those movements… tuning into your breathing… And now easing out your body in any way that feels good to you… moving your hands and arms…

1. **Reaching for Fruit**

And now imagine that you’re reaching for a piece of fruit high above your head… stretching you right hand high up to grasp that piece of fruit… Pretty soon your arm may feel tired… see if you can be mindful of the difficult sensations, the feeling of discomfort without reacting to it… And now coming on to the tiptoes of your left foot to stretch even a little bit further… Feeling that stretch all the way along the right side of your body… noticing the arm getting even more tired… and finally relaxing… coming back to standing… feeling your breath and noticing how your arm feels after this movement… And now bringing your other arm up, stretching your left hand as far as you can into the air… noticing how the fingers feel… and the side of the body… Then coming up onto the tiptoes of your right foot so you can stretch even further… and holding that stretch as long as you can… noticing the desire to just let your arm fall down… but not giving in… And finally, letter your arm relax… And again, coming back to standing…