

Warm-up with deep breathing and gentle head-to toe movement.

(Note: Exercises may be done sitting if preferred.)

- Deep breathing
- Gentle body stretch/rotation
- Neck stretch
- Shoulder rotation
- Wrist rotation
- Upper/lower arm stretch
- Waist/hip rotation
- Knee rotation
- Ankle rotation

8 Brocades Qi gong exercise

Includes a series of postures designed to synchronize breath and movements. Examples include:

- Two hands hold up the heavens
- Separate heaven and earth
- Draw the bow
- Wise owl looks backwards
- Sway the head and shake the tail
- Two hands balance Yin and Yang
- Clench fists with fierceness
- Bounce on toes

Cool down with guided relaxation exercise