



Qigong and Taiji Quan Warm Ups

1. **Arm Swings** - feet shoulder width apart, knees slightly bent and over your feet, arms in front of your body palms up at shoulder height. Let your arms drop like a pendulum while bending your knees, keeping sure that your back is straight. Swing arms back to original position rising up. 50-100x.
2. **Side to Side** - feet shoulder width apart or wider with arms to the sides, shift your weight from side to side sinking your weight through each foot, allowing your waist to turn and your arms to naturally swing. 50-100x.
3. **Tibetan Breathing** - wide stance. Crossing arms in front of your body, extend arms over head and out, arching back on inhale. Cross arms in front of your body, arms to the sides forming cranes beak, bend at waist, head looking through legs towards the sky on exhale. 6 repetitions.
4. **Windmills** - wide stance. Pushing palms out to your right, circle down, up and around, down again, ending to your left pushing palms out to the left. Repeat other side. 6 repetitions.
5. **Arm Circles** - feet shoulder width apart or wider. Hands in a loose fist, circle arms inward and upward. Repeat in opposite direction. 18 repetitions each circle.
6. **Spinal Waves** - feet shoulder width apart, knees slightly bent and over your feet. Move the spine in a wave like motion up through the front of the body, then down the back. 9-18 repetitions.
7. **Neck Rotations** - feet shoulder width apart with arms to the sides. Inhale and circle your head to the right, exhale while completing the circle. Easy on the back of the neck, extending upward and back. 6 repetitions each side.
8. **Shaman's Bounce** - feet shoulder width apart with arms to the sides. Whole body bounce, releasing and relaxing out to the surface of the body and downward.
9. **Dan Tien Breathing** - feet shoulder width apart with hands over the lower dan tien below the navel. Inhale allowing the belly to swell, exhale gently bring the belly in toward the spine. While inhaling allow some of the sides and lower back to expand as well. 9 repetitions. Developing qualities of slow, long, deep, smooth, and even.

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