

Gentle Chi Kung Sequence for Health, Mobility and Pain Relief

- Breathe easily and smoothly.
- Move slowly in rhythm with your breath.
- Imagine that you are breathing in health, vitality and energy and breathing away fatigue, discomfort and anxiety.
- Whenever possible, do these exercises outside and open to receive the colors, light and natural beauty.
- Breathe in the beauty and goodness of the world. Let this become a medicine for you.
- May be done seated or standing.
- Start with only a few of each one, then gradually add more as you feel comfortable.
- Move slowly and gently and stay within your range of motion. Gradually your range increases.
- Rest when you are tired and just enjoy: breathing in healing breath, breathing out pain and tension.
- Pause between each movement for a few breaths, sensing and receiving the value of the movements.
- Practice daily, whenever possible, to increase range of motion, flexibility and energy and to activate your body's natural healing power.

Preparation: Stand comfortably, with feet about hip distance apart; knees, hips and ankles slightly soft, shoulders relaxed. Feel your legs rooting toward the earth, head lifting toward the sky. Modify for sitting if that is more comfortable for you.

1. Shoulder Lifts

Inhale: shoulders rise toward the ears; exhale: shoulders lower. Tension drains away.

2. Arm Lifts to the Side

Inhale: allow the breath to fill the arms and lift them to the side; exhale: the arms are lowered by the breath.

3. Shaking

Just let your body shake. Keep breathing. Shake at the pace that feels good to you. Shift to one side and shake, shift to the other and shake. Shake all through the body. Sense that you are shaking loose areas that are blocked and allowing your own natural, vital river of energy to flow freely. Shake away whatever you no longer need.

4. Swinging Side to Side

Feel the center of your body, your belly and pelvis, like a beautiful round orb. Allow that belly orb to gently turn side to side. Allow the upper body to follow so that the torso, arms and head swing gently and easily side to side. Keep breathing.

5. Side Stretch.

Stand with feet a few inches apart.

Breathe in, stand or sit tall and upright, breathe out: sway to one side. Breathe in: back to center; breathe out: sway to the other side. If it is comfortable, add your arms. Breathe in: right arm lifts up toward the sky; breathe out: sway to the right: Breathe in: back to center and the left arm rises; breathe out: sway to the left.

6. Stretch Forward and Back.

Arms at side. Breathing freely. Inhale: rock forward onto your toes and look up; exhale: rock back toward your heels, look down. If comfortable, add the arms, stretching them up and forward on the inhale and back and down on the exhale.

7. Pause and Notice.

What do you feel? Breathe and enjoy the sensations in your body.

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