

# Chi Gong Exercises for ILTK Master's Program

Nov. 2013

Instructions from Ven. Paula Nyingje

1. Refuge - "Sangye Cho Dang...."

REMEMBER TO STAND WITH KNEES SLIGHTLY BENT ABOUT SHOULDER-WIDTH APART AND BREATHE INTO DAN TIEN; THINK YOU ARE MOVING CHI LIKE IT IS WATER

2. Hands up at Face, rotating body, bringing hands to heart, then to hips, then let hands go and swing from the shoulders, letting arms fly, looking at opposite ankle, then changing to look up at the sky.
3. Windmill - left hand up in front, right hand up in back, bring up over head, turn to opposite direction and let hands come down. then change sides
4. Fountain: bring hands up in front of the body, palms in, up over crown of head, then open arms, one front, one back. do many times, then hold arms out, stretch hands back and breathe, pushing hands out as far as you can; do a few more of the fountain moves, then do second hand stretch in the "Italian mudra".
5. Open lungs: both arms out in front, then pull right arm back behind you and breathe up into the shoulder blade and armpit, alternate sides each time arms come to front of body: then breathe twice while pulling arm back.
6. Leg squats. feet a bit further apart than the shoulders, squat down as far as is comfortable, come up and lift one leg out to the side as far up as you can. squat again, alternate leg. work up to 21x.
7. Fire breathing. Stand, bend over slightly, hands can be on knees or hanging and breathe forcefully pushing the air out and the muscles in front push close to the spine in back. like yoga.
8. Chi ball: figure 8 with hips, hands also rotate, go backwards and forwards. This is the one to do if you have only a couple of minutes for chi gong
9. Martial Arts posture, or like Warrior Pose in yoga: Inhale turn to left: left leg bends, right leg straight, right hand goes out straight in front at heart level, fingers/hands stretched back. Make sure to turn the body to the side at the hips. left hand pulls back at waist as in the lung opening exercise above. (no.4) Exhale and come back to center, then go to opposite side.

10. Walking in place. bring feet up as high as you can, toes stay on the ground, hands alternate like walking and they rotate around the hip, making a circle, palms are open, hands flat around the hips.
- 11–15. The Five Kidney Exercises from Hai Dang. Already given to you.
16. Bringing the Chi into the 7 Chakras: alternating waving hands, grab chi and put into chakra, starting with base, ending at brow chakra.
17. Purification: inhale, hands circle the back around the navel chakra, exhale as they come front, then inhale and make a circle in front of body around heart chakra, exhale, squat down, pull up chi through the feet up through the body and out the crown of the head; exhale squat even lower and inhale come up, use hands like a shovel, scoop up the chi, bring it above the crown of the head and then exhale slowly, palms facing the ground bring the chi through the body and let impurities of body, speech and mind go down through the body and deep into the earth where they dissolve.
18. Two Palms together: Bring in blessings: Hands lift out to side, palms up, inhale; then palms come together above the crown of the head, exhale and bring the blessings in while the hands come down in prayer mudra in front of the face the heart, at they heart the hands turn down and then let go to and back to the side of the body. Bow and feel gratitude and good wishes, like a dedication
19. Rub face 18x, up outside, down inside
20. Massage ears
21. Rub palms at dan then, 9x to left, 9x to right, 9x to left. Female right hand inside, males left hand inside, then leave palms at dan tien and stand and breathe into dan tien. If you wish, you can continue to stand with palms facing down at your sides, knees a bit more bent and breathe, then if body wishes to move, just let it go anyway... spontaneous chi release is very good for body and mind.