

The Marriage of Heaven and Earth Qigong Key Gestures



1. Raise arms - stretch, Yang stretch

*Drawing hands up parallel without bending.
Dropping the shoulder blades.*



The elbows continue to rise as the arms fold and hand touches occiput.

The weight shifts toward ball of foot.

2. Fold arms, touch occiput - stretch, Yang stretch



3. Wrap forward - bend, Yin stretch

Brain Qi Washing sequence

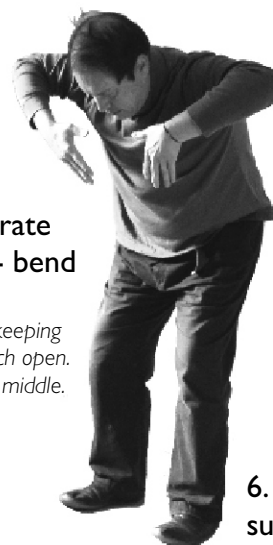
4. Draw hands over head - bend

Elbows fold forward before drawing your hands over the top of your head, over your eyes then to triangulate to the tip of the tongue on the roof on your mouth.

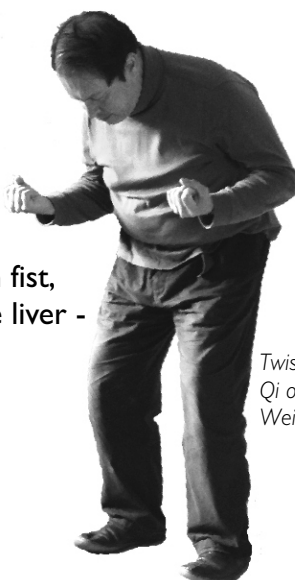


5. Separate hands - bend

Crane neck - keeping the throat notch open. Weight to the middle.



6. Flush your Qi - Yin to Yang surfaces. *Weight to the heels.*



7. Form fist, activate liver - bend

Twist in to form fists. Grab the Qi of the liver. Weight to ball to foot.



Twist out to release fists then back to neutral. Weight to heels then middle of foot.

8. Lose fist, flush your Qi - stretch



Neutral