



Physical Therapy

Session 4

The Root of It All

Mind/ Brain: Body Awareness, Modification, Ease vs Effort

Body: Breathing, Posture, Core, **Qigong**



Bringing it all together

with Qigong...



What is it?



It is an ancient philosophy and health care practice in Traditional Chinese Medicine (TCM) and martial arts.

- ✓ “Living a simple, balanced life in harmony with nature”
- ✓ We all have the ability to overcome challenges

- Promotes strength, stability, coordination, and focus
- Calms the nervous system through mindful movement
 - ✓ A practice of focusing breath and movement
 - ✓ A flowing movement, like water, without expectation



Qigong vs Tai Chi



- Qigong is training for functional movement
- Tai Chi is training that links movement into a flow

What is Qi or Chi?

- “Life Energy” or “Vital Energy”
- “Self-care for one’s own health and fitness”
- “Self-defense for preventing injury or illness”

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Energy

What leads to the blockage of energy?

- Age
- Physical or emotional stress
- Lack of movement, exercise
- Imbalanced lifestyle, responsibilities > joy
- Poor nutrition

Let's Practice

One movement at a time



Prepare your Body

- Soften the shoulders
- Fingers relaxed and open
- Stand with feet hip width apart
- Soft knees (slightly bent)
- Soft jaw with tongue gently rested behind front teeth
- Soften the space between the eyebrows

Waking the Body

- Stand with feet together hip width apart
- Arms out slightly at sides with palms up
- Elbows straight, but soft
- Inhale as arms float up toward head
- Exhale rolling palms down as arms lower back down
- As arms lower, sink into knees by bending them slightly

Painting the Light

- Stand with feet together hip width apart
- Arms out straight in front at waist height
- Elbows straight but soft
- Hold wrists relaxed, palms down
- Inhale as arms float up to shoulder height
- Exhale as arms lower back down
- As arms lower, sink into knees by bending them slightly

Opening the Energy Gates

- Stand with feet together hip width apart
- Arms out straight (soft elbows) at chest height
- Palms facing each other but not touching
- Inhale as you move arms out to the side to expand chest
- Exhale as arms move back in
- As arms move in, sink into knees by bending them slightly

Connecting Heaven and Earth

- Stand with feet together hip width apart
- Arms out in front at chest height
- Elbows bent as palms face each other
- Move **left** hand (palm up) up toward sky
- At the same time...
- Move **right** hand (palm down) down toward floor
- Inhale as palms move toward each other
- Exhale as palms move away from each other

What did you learn about how you move?



Don Fiore

You Tube- 4 Minute Qigong or 8 minute Tai Chi



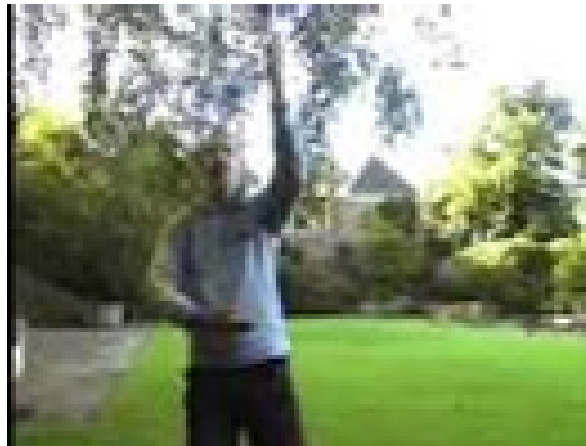
Francesco and Daisy Lee Garripoli

You Tube- Wuji Swimming Dragon



Cheyene Towers

You Tube- Three Simple QiGong Exercises



Lee Holden

You Tube- Seven Minutes of Magic



Bringing it all Together

This is Movement Training

