

Qi Gong Santé

Prepare: Relax, stand in shoulder width, eye sights from far draw to near, slightly half close eyes.

1. Bend down slowly (relax the head, neck, back and waist, keep legs straight, fingers do not touch ground): connect thumb and index loosely, moves up (roll up by waist, back, and head) till straight, open palms put near Dantien, palms facing up (fingers facing fingers, but not touch), move up to face (feel the qi moves up), rotate palm backward around the ears:
 - ❖ * Stretch arms 2 sides out, open palms (standing palm), turn palms **backward** (palms facing up), turn palms frontward (palms facing down), circle to front (like hold a balloon) to shoulder level (feel gather the qi)
 - Connect fingers and close palms, drop elbow down to chest (like a prayer- arms, elbow and palms in one horizon)
 - Moves hands up over the head, to the sky, extent with heels up;
 - Bend down elbows (keep palms touch till overhead), finger touch finger and open palms separate fingers and circle palms back, palm facing palm, fingers pointing to the sky, continue stretch up to the sky, extent with heels up;
 - Relax palms and elbow down slowly, then palms press down from head to shoulder (finger pointing fingers, palms and elbow in horizon in chest level).
 - ❖ Silmilar *: Connect thumb and index, stretch arms 2 sides out, open palms (standing palm), turn palms **backward**, (palms facing up), turn palms forward (like holding a balloon), circle to front between head and shoulder (feel gather the qi)
 - Turn palms down (feel press the qi from top of forehead (upper Dantien), then to chest (middle Dantien), then to navel (lower Dantien), keep the arms straight, bend down by relaxing the hips (**arms and hands do not move**), squad like Horse Stand, feel the qi sink down to the feet (Yong Quan).
2. Open palms circle around back legs, then turn palms facing up (fingers pointing fingers without touching), bend back by waist (**arms and hands do not move**), till the back straight up, palms touch back to back (move palms as up as possible), lower lip close upper lip, bend backward, return back, then separate palms from back to front, moves palms up in middle chest then separate, move circle to back of neck, massage neck and shoulder.

Connect the thumb and index, stretch and open arms at both sides out, open palms, finger pointing up (sitting palms), move over head to the sky, extent with heels up, then relax and turn palms down, press down (bring the qi from sky down to top of head, Bak Hui, down to Dantien).
3. Closing:
 - From of forehead (upper Dantien), then to chest (middle Dantien), then hold thumb (lady: right palm hold left thumb) (man: left palm hold right thumb) rest over lower Dantien, meditation.
 - When music finished, open palms, place on 2 sides.