

## **Balancing the Heart Qigong**

*Movement names with brief description*

### **1. Listen to the Rooster Stand up and Crow**

Both arms lift and extend to the front, sides, front, sides, then front again. Stretching and extending energy through the finger tips, returning with fists to navel area, middle finger pressing into center of palm (lao gong).

### **2. White Ape Presents Fruit**

Stepping first to the corner left with left leg, extend arms through fingertips while lifting up with right leg (or just touch down with right foot). Step right leg back returning to center, then press down with two fists to the left corner. Repeat arm and right leg extension as before. Repeat to the left side.

### **3. Golden Elephant Curls its Trunk**

Step to the left with arms and hands extended, bend at elbows and pull wrists into the shoulders (elephant trunk). Arc elbows out and around in a circle then press two palms upward fingers pointing to midline. Return to center, step out to right side and repeat.

### **4. Yellow Oriel Folds Its Wings**

Step to the left, arms arcing down and around to form circle. With loose relaxation, shake hands in front of body like shaking off water 8x. Press both palms behind the low back, arc arms around again and wave both palms in front of body like cooling the chest 8x. Step to center then repeat by stepping out to the right.

### **5. Massage the Face and Ears**

Starting at the middle of the chin, massage up the center of the face to the forehead and down to the neck. Massage the ears. See class discussion and Sam Massich's video / DVD for sequence details.

### **6. Hit the Arms and Legs**

Stand in a horse stance, shift weight from side to side, firmly striking the upper arm with the opposite fist from higher to lower. Next, shift weight to left striking left calf with right instep, shift to right leg and strike right calf with left instep... back and forth from higher to lower on each calf.

### **7. The Willow with Twisted Roots**

Step left, two arms rise up the sides to midline, palms up. Step with right foot to left corner in front of left leg. Both knees bend, head looks to the right, two fists press down in front of body. Return to center. Repeat by stepping with left foot to the right corner. Use good form to protect the knees.

### **8. Steps Ascending**

1. Step to the left with left leg into a bow stance. Both palms placed down on lower back, shift weight to front leg and press down along the spine, sacrum, and buttock muscles. Stretch through torso to top of head. Shift weight to back leg and palms retrace back upwards. Repeat 3x. Step to the right with right leg into a bow stance and repeat. 2. Next, draw palms up center line to chest, step out left with left leg, shift weight forward and press palms downward along center line. Shift weight to back leg and retrace palms back up the centerline to the chest. Repeat 3x. Then step out right with right leg and repeat.