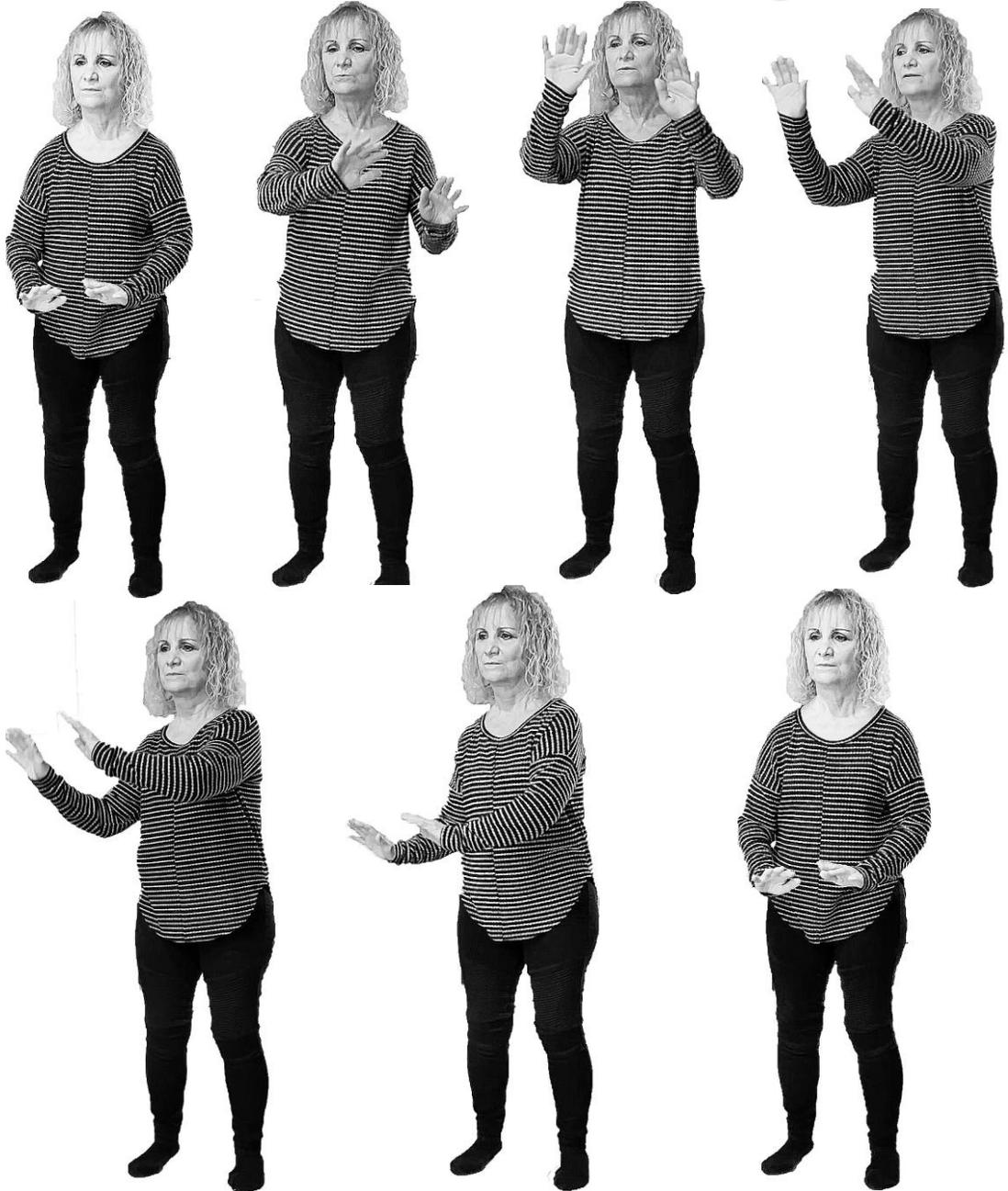


1. QiGong – Cleanse the Qi to the Central Dantian

3 Circles each Left, then Right



- Breathe in moving up, Breathe out moving down
- Keep your hands flat, facing outward