

Qi Gong Circular Extensions and Contractions (for the circulation)



- Put your left leg out to the left, with your weight on your bent left leg and your right leg straight, pointing in the opposite direction, heels aligned
- Your hands go up to the left, then PUSH to the RIGHT, switching weight to the right



- Come around, as if you're holding a beach ball, shifting weight to the left. Repeat 9 times.
- After the 9th push to the right, switch and PUSH to the LEFT instead. Come around holding the beach ball shifting weight to the right. Repeat 9 times.