

TAI CHI AND QIGONG WARMUPS

• **SHAKE THE TREE**

Begin by relaxing the entire body as you shake loose any tension or tightness. Feel the joints open allowing for the energy channels to open, feeling a release of any blocked energy in the entire body, including the internal organs. Shake and vibrate the body in unison.

• **BANG THE DRUM**

This move begins by shifting the body weight left and right while simultaneously twisting the waist. Allow for the arms to swing naturally, tapping gently in the front and back of the waist. Keep the hands in a soft fist. This stimulates the kidney meridians as well as the belt channel in particular, and the energy on the left and right sides of the body.

• **SWIMMING DRAGON**

Begin with feet shoulder width apart, knees soft and slightly bent. Imagine you are standing in water waist deep. Slowly bring your right hand forward at your side, palm facing front, while simultaneously bringing left hand backward at your side. Turn the right palm down as if dipping it into the water, and paddle it back toward your stomach, continuing all the way behind you. As you do this, your eyes follow the right hand and the torso twists slightly. As the right hand moves behind, the left hand moves forward, and performs the sweeping motion back toward the body. As the left hand moves back, the right hand sweeps forward, and the eyes follow the left hand going behind you. Continue this swimming motion, relax the shoulders and wrists, and imagine you are a beautiful golden dragon swimming in the ocean.