

DYNAMIC WOMAN QI GONG

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BE STRONG ♦ SUPPLE ♦ SEXY

QIGONG IS AN ANCIENT ART OF SELF-HEALING used for thousands of years in China to both prevent and heal disease. There are 3 main components of qigong: deep abdominal breathing called dantian breathing, gentle movements, and visualization. Qigong also incorporates self-massage, stances to build stamina /immunity, healing sounds, hand mudras and meditation.

Qigong movements are gentle and easy to learn but have a profound effect. It's one of the oldest systems of energy medicine that has been proven over thousands of years to heal illness, reduce stress, slow the effects of aging and achieve longevity. The best part is that you'll feel the benefits right away—revitalized and relaxed at the same time.

All of the DVD's in this series begin with a brief introduction to the benefits of the practice, qigong breathing, warm-ups to activate your qi, an instructional section where I will mirror your actions for easy learning and a practice portion to follow for your daily routine.

Remember
I am mirroring
your actions
for easy
viewing.

THE DYNAMIC WOMAN FORM is beneficial for women of all ages. This qigong routine will build stamina, overall strength, enhance your balance and coordination, move qi in the chest to help prevent breast cancer, and increase your vitality. In practicing this form, the exercises are designed to flow sequentially.

Begin the movements in increments of eight, which is the number for balance and harmony. As you get stronger you can increase the repetitions. I also have added exercises that are not in the book which I feel create a more complete qigong healing routine for women. Remember to always listen to your body and never strain in qigong.

AWKWARD STANCE: *Stand 1-2 minutes and slowly increase your stamina.*

This qigong stance builds immunity, strength, balance, and mental focus. It strengthens the legs and stimulates the leg yin meridians of the liver, spleen, and kidney, which are essential for gynecological and overall health. This balancing pose is difficult so have patience with yourself and start slowly.

SIDE STEP: *(elbow strike): 4 or 8x in each direction.*

The elbow strike stimulates qi, blood and lymph circulation in the chest to help prevent breast cancer and keep your breasts healthy and uplifted.

BEAUTIFUL WOMAN POSE: *Stand for 8 or 16 breaths.*

This pose will improve your balance, focus, and strengthen the legs. Imagine that you're graceful, poised and beautiful as you stand.

SNAKE WALK: *Walk for at least 24 steps or a few minutes.*

Snake walk strengthens the legs, increases blood and qi circulation throughout the body, benefits the heart and will build overall stamina...and it's fun! Imagine you are a Balinese dancer and move with grace and beauty.

ARM WHEEL: *Continue this movement 30-60 times or for a few minutes.*

This relaxing movement calms the heart, mind and body, and helps to balance right/left brain functioning. Remember, the right hand moves in clockwise circles while the left hand moves counterclockwise.

DRAGON LOOKS UP TO THE SKY: *Do 4 or 8 times on each side.*

Dragon will trim and strengthen your waist and hip area. If you have back problems, modify this action so you don't overstretch. Remember to stretch both arms outward horizontally with palms facing toward the sky; look back and upward above your back arm (over the leg that is extended).

Note: do this exercise slower than is shown on the DVD.

SNAKE DRAWS UP FROM THE WELL: *Repeat in increments of 8.*

This movement nourishes the Uterine Palace to help with PMS, gynecological issues, digestion, libido and helps slow the decline of hormones. Make sure you are inhaling as you rise up, bringing the earth's yin qi into your Uterine Palace.



Uterine Palace

You can also slightly squeeze your inner thighs to help guide the energy into your lower abdomen.

SNAKES REACHING FOR THE SKY: *Do in increments of 8 (though number not really important).*

This stretch elongates the whole side of the body to stimulate the spleen meridian and help trim the waist. You can look up toward the sky or keep gaze forward.

Gather Qi into your Lower Dantian for a few moments

DUNHUANG MEDITATION: *1-3 minutes*

As you do this standing meditation, imagine releasing negativity out between your thumb and index fingers. This meditation is supposedly from the Dunhuang caves, a famous Buddhist site along the Silk Road in China.

GUIDELINES FOR YOUR PRACTICE:

- Always check with your physician before starting any new exercise program.
- It's best to practice when you first get up in the morning before you eat. This will set the tone for your whole day keeping you relaxed yet energized.
- Practice outside in nature away from pollution. If you have to be inside then crack the window to allow fresh qi to circulate as you practice.
- Turn off the phone, TV, radio while you practice. This is an internal exercise inviting you to listen to your body, be in silence (so rare in our society) and attune to your own internal rhythms. Try to let go of your to-do list and focus on your practice and health.
- Qigong increases blood flow so it's best to do a very light practice, like the 6 healing sounds, while menstruating.

This DVD is one in a series of 4 to complement my book, *Women's Qigong for Health and Longevity* (Shambhala Publications).

The Women's Qigong DVD Series includes:

- **Dynamic Woman Qigong:** a routine designed for women to build stamina, strength, and vitality and help prevent breast cancer. For women of all ages.
- **Qigong for Menopause (and perimenopause):** these exercises alleviate hot flashes, night sweats, insomnia, anxiety, fatigue and will calm and balance the emotions. *Note: this DVD could also be used for Stress and Insomnia.*
- **Wise Woman Qigong:** this is for middle-aged women to keep fit and active as they age. The movements focus on keeping joints flexible and supple, along with qigong to nourish the kidneys/adrenals, urinary bladder (to prevent incontinence), heart and uterine palace.
- **Sage Woman Qigong:** this qigong is for older women to keep their bones strong, help with balance and coordination and improve cardiac health.

A teaching certification is required from Deborah Davis to teach these forms to others. Thank you for honoring this tradition.

For more products, workshops and information visit:
www.womensqigong.com

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