

QIGONG FOR MENOPAUSE

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RELAX ♦ RENEW ♦ REMEMBER

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.

QIGONG FOR MENOPAUSE: In this DVD I share a qigong protocol for perimenopause and menopause that I've used in my clinic and classes with great success. The Chinese refer to menopause as the "Second Spring": a time to reflect on your life and turn your focus inward to nurture yourself (instead of the kids, family and community). It's important that we reframe menopause and stop thinking of it as a disease but rather a natural process and rite of passage into our own power and authenticity as women.

This qigong routine will help alleviate hot flashes, night sweats, quell anxiety, and help with insomnia and calm emotions. There are also exercises to strengthen the shoulders, nourish the kidneys and reproductive organs.

DAOIST 6 HEALING SOUNDS: *Repeat in increments of 6. If you have a lot of heat in the body then do 2-3 sets of 6 for each organ.* Each sound cleanses the organs both physically and emotionally.

LIVER SOUND: shuuuu ("SHOE") balances the emotions and stress, releasing depression and anger.

HEART SOUND: heee (soft e) dispels anxiety and anything burdening the heart, allowing for more self-love and nurturing.

TRIPLE BURNER: (also called triple heater or sanjiao) is the best exercise to clear extra heat out of the body, which manifests as hot flashes, night sweats, digestive issues, and insomnia.

FLYING EAGLE: *9-36 repetitions.*

This will both strengthen and heal the shoulders. Remember to lift from the elbows with fingers pointed slightly backward.

PUSH THE MOUNTAIN: *9-36 times.*

This is one of the best menopausal exercises to get rid of anger, depression and feeling stuck in your life. Before starting, feel rooted to the ground like a tree and then release your emotions with the exhalation.

SNAKE WALK TWIST: *Do at least 24 steps.*

This walk increases circulation and strengthens the legs, benefits the heart and helps with balance. Add the twist from your waist to stimulate the kidneys/adrenals and help slim the emerging stomach roll in menopause!

DRINKING ESSENCE FROM BUBBLING SPRING:

Do in increments of 9.

In this exercise, remember to breathe up into the kidneys as you rise up, exhale down. Focus on pulling up the earth's qi from the Bubbling Spring point (kidney 1) on the bottom of your sole to nourish your kidney area (on your back). The "kidneys" in Chinese medicine refers to both the kidneys and adrenals.



Bubbling Spring (kidney 1)

OVARY MASSAGE: *60-120 times or until warm.*

While massaging, it's important to keep your palms flat against your lower abdomen. This massage nourishes the reproductive system, alleviates cramps and digestive issues, helps with low libido and vaginal dryness and slows the decline of hormones.

3-CIRCLE STANCE: *Begin standing 1-3 minutes and slowly build up to 15 minutes or more.*

The stances are the best way to increase your energy, stamina, immune system and focus. Stand by a tree and breathe in the energy of the tree, feeling rooted and centered. The Chinese believe that evergreens, especially atop sacred mountains, have the most qi so that's where you want to go to absorb potent healing energy.

5-8 MEDITATION: *10-20 minutes.*

This meditation is simple to perform and very useful in daily life. Simply breathe in to the count of 5 and exhale to 8. The prolonged exhalation stimulates the parasympathetic nervous system to calm and relax your body and mind.

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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