

WISE WOMAN QI GONG

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BUILD BONES ♦ BALANCE ♦ BEAUTY

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.

Remember
I am mirroring
your actions
for easy
viewing.

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.

WISE WOMAN QIGONG A woman entering her fifties is wise to commit to taking care of herself to maintain resilience and strength as she ages. In midlife, digestion begins to slow and our joints, tendons and ligaments need more attention and care. Kidney qi begins to wane which is responsible for the reproductive/urinary organs, hormones/body fluids, our bones, spine, brain and memory as well as the lower body (back, knees, feet), hearing and premature aging. Robust kidney energy is the cornerstone of longevity.

In Wise Woman Qigong, we focus on keeping the joints flexible and supple, and nourishing the kidneys (and adrenals), urinary bladder, heart and uterine palace.

ANKLE & HAND POINT/FLEX AND CIRCLE both directions: 6-9 times.
Flex your foot and hands simultaneously to increase qi and blood flow. This will prevent and treat arthritis, help with circulatory issues, and strengthen your ankles and wrists.

4-SIDED KNEE KICK: *Do 4-8 sets or more.*

These multiple knee kicks strengthen the knee ligaments to stabilize the joint and relieve pain. Kick 1 time in each direction. You can also synchronize the actions with the breath and kick slower with more intention to heal your knees.

DRAGON SPIRALING UP THE PILLAR

This dragon exercise stimulates the cerebral spinal fluid that bathes the spine and brain, maintaining flexibility in both body and mind. Twisting from the waist keeps your back supple and massages the internal organs. As you twist, gently pull up on your lower abdomen and lift the pelvic floor.

TIGER CLAWS THE WALL: *3 rounds.*

Do 5 cleansing breaths, then on the 6th inhale raise arms overhead – hold your breath – exhale and sound HA! The white tiger is the Daoist animal associated with the lungs so this exercise clears the lungs and any stagnant emotions or energies in the body.

TWISTING CRANE: *Do increments of 9.*

This movement helps strengthen the bladder muscle to prevent or cure incontinence and lift prolapsed pelvic organs. Remember to lift your pelvic floor as you twist and exhale. Also gently squeeze the inner thighs and imagine pulling the energy upward to counteract any prolapsed or leaking energy.

CRANE WALK: *Walk as long as you like but at least 24 steps.*

The crane is the symbol of longevity in China. It moves quietly and with focused intention. Try to mimic this beautiful bird as you walk. Move slowly and gracefully with each step and imagine lifting upward into the sky from the top of your head. If you have a problem with balance then step forward onto your toes without raising the thigh. The crane walk will calm the heart and emotions and ease anxiety. You can exhale “Haaa” as you walk, one of the healing sounds for the heart.

NOURISHING THE UTERINE PALACE: *Do in increments of 9 (the more the better).*

As you rise up, inhale into your uterine palace and imagine drawing up the yin energy from the earth to nourish your uterine palace. If you’ve had a hysterectomy you can pull the qi into your lower dantian or uterine palace.



Uterine Palace

KUAN YIN STANCE: *1-2 minutes per leg to begin and slowly increase your time.*

Kuan yin is the goddess of compassion who watches over women and children. I like to stand and imagine her energy filling my heart and whole being with compassion and love. Feel yourself merging with her divine essence as you practice this stance.

GUIDED MEDITATION for the endocrine system.

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

Cover design: Chris Molé Design, Cover photo: Rory Finney