

Qigong for Staying Young

Practice Tips

The following tips are recommended for your safety and enjoyment. Use your best judgment when beginning a new exercise program. Follow the sets in the order presented for optimal results.

- View the video in its entirety prior to beginning your workout.
- Wear loose, comfortable clothing and flexible shoes. Practicing barefoot is fine as long as your feet stay warm.
- Don't eat or drink 15 minutes before or after your practice sessions. Please don't chew gum while doing Qigong.
- Practice on a regular basis, at the same time of the day if possible. Every day is ideal, but three times or even once a week is fine too. What's most important is that you are doing it!
- Choose a quiet space, outside with nature whenever possible. If indoors, practice in a room that overlooks a natural setting when available. Room temperature should be moderate with adequate ventilation and without strong odors or drafts.
- Avoid talking and maintain a positive attitude during your workout.
- You can use hand weights of any kind in place of the weighted Qi balls.
- Stay relaxed, release your mind of extraneous thoughts and concentrate on your breath. Take deep, slow, rhythmical breaths in coordination with your movements. Work toward taking three to five deep breaths per minute.
- Pace yourself and listen to your body. Know your limitations and abide by them.
- Honor your unique internal rhythm during each workout. One day you may move slower, another day faster.
- Be patient with your energetic growth process. Consistent and earnest practice lays the groundwork for Qigong mastery.