

## **QI GONG for BREAST HEALTH**

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True prevention of breast cancer is an active, life-enhancing process. From the ancient Chinese medicine perspective, when energy or Qi flows freely through the body, disease, illness and calcifications cannot set in. Learning how to maintain the free flow of Qi through your energy pathways (meridians) is easy and fun to do with these seven self-healing Qi Gong movements. **\*Do each movement for 3-4 minutes.**

**1. ENERGY WARM-UP** – Hands in “prayer” position in front of chest, fingertips up. March in place, starting with the left foot. Place your whole foot flat on the ground.

**2. PUSH OUT, TOUCH THE MOON** – Feet are shoulder-width apart, knees slightly bent. Raise arms up to shoulders, hands at chest level. Fingertips up, palm facing forward in front of shoulders. Push both hands forward in front of the shoulders. Push both hands forward, keeping the fingertips pointed straight up. Keep the elbows slightly bent. Bring back to shoulder & repeat. Do slowly & gently.

**3. OPEN THE CURTAINS** – Feet shoulder width apart, knees slightly bent. Keep fingertips straight up, palms facing forward. Push out to a comfortable distance in front of the chest. Palms are flat against an imaginary pane of glass. Open/close your hands to each side, as if you are opening and closing a curtain.

**4. KICK THE BALL** - Hands on waist, fingertips pointing back. Kick an imaginary soccer ball with the instep of your foot. Alternate sides.

**5. KICK BACKWARD** – Hands on waist, fingertips toward the back. Starting with the left side, raise the left knee in front of you. Kick straight backward & down through the heel, feel the stretch down the back of the leg. Do both sides. Use a chair for balance if needed.

**6. SCOOP THE MOON FROM THE OCEAN** – Feet shoulder width apart, keep heels on the ground. Bend your knees slowly as you scoop “the moon” with your left hand by your left toes. Look at your palm as you slowly rise, raising your hand palm up as you come up. Once you are standing, and your palm is at breast level, turn your palm down and look forward. Slowly lower your hand, palm down, back to your side. Alternate sides.

**7. STANDING BETWEEN HEAVEN & EARTH** – Feet shoulder width apart, knees bent, shoulders relaxed. Raise your arms to chest level and make two loose fists. Point your thumbs toward each other in front of your chest. Relax your arms, but keep your hands at this height. Close your eyes. Breathe naturally.



### 1. Energy Warm-Up

- Place hands in “prayer” position, fingertips up.
- Raise one foot slightly and drop in place making sure the foot is flat.
- Alternate feet.



### 2. Push Out, Touch the Moon

- Place feet shoulder width apart, knees slightly bent.
- Raise hands to chest level, fingertips up.
- With palms facing forward, push both hands forward.
- Keep the elbows slightly bent.
- Bring arms back to starting position and repeat.



### 3. Open the Curtains

- Place feet shoulder width apart, knees slightly bent.
- Keep fingertips up, palms facing forward.
- Push arms out to a comfortable distance in front of the chest.
- Open/close hands to each side, as if opening and closing a curtain.



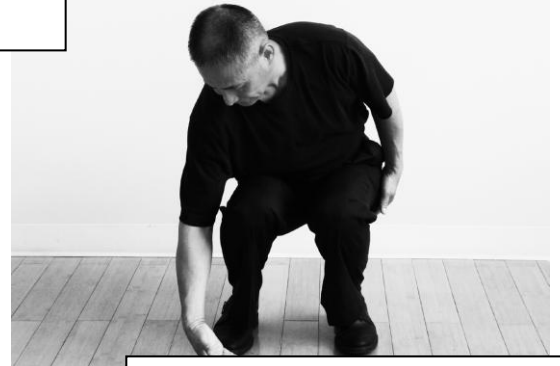
### 4. Kick the Ball

- Place hands on waist, fingertips pointing back.
- Use instep of the left foot to kick an imaginary ball.
- Repeat with right foot.



### 5. Kick Backward

- Place hands on waist, fingertips pointing back.
- Raise left knee.
- Kick left leg straight back; feel the stretch down the back of the leg and through the heel.
- Repeat with right leg.



### 6. Scoop the Moon from the Ocean

- Place feet shoulder width apart, heels on the ground.
- Bending knees slowly, reach left hand down and scoop “the moon” sweeping past the left foot.
- Slowly rise to a standing position, looking at your palm.
- Once palm is at breast level, turn palm down, and look forward.
- Slowly lower your hand to your side.
- Repeat with the right side.



### 7. Standing between Heaven and Earth

- Place feet shoulder width apart, knees bent, shoulders relaxed.
- Raise arms to chest level, making two loose fists.
- Point thumbs toward each other and let elbows relax.
- Close eyes and breathe naturally.