

It's best to do all of the following. At minimum, do the **bold** exercises every day.

Relax. Breathe. Enjoy.

Concentrate. Focus. Smile in your mind, in your heart, on your face.

Wu Ji Standing Meditation

Warm hands. Massage kidneys.

Rotate waist, navel, or umbilicus 100 times each way daily

Massage hip joints

Rotate hips 100 times each way daily

Massage organs from Dan Tian outward then inward to the Dan Tian

Harmonize (slapping)

Bend and rotate knees

Massage back

Back bends

Massage side

Side bends

Static stretch

Circular push forward

Massage arms

Compress spinal column

Neck rotation

Spinal extension & flexion (vertical navel rotation) belly dancing

Spinal rotation

Lower spinal rotation

Upper spinal rotation

Tong Bei Arm Twisting and Breath Cleansing

Circular push downward

Vibrate Skeleton. Settle Fluids. Calm Shen.

Swing Arms

Mindful Walk

Harmonize with Self-Acupressure

Da Yan Qigong Wild Goose Form 3 times daily

Zhan Zhuang Standing Meditation

Circulate Cultivated Qi

Replenish Essential Qi

Zuo Chan Quiet Sitting Meditation