



AcuBalance

Acupuncture & Integrative Medicine



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Qi Gong at Home

Position:

- In a standing position rest your arms at your side, palm facing up
- Imagine tree roots descending from the soles from your feet into the ground
- Neutral spine, knees slightly bent so they're not locked out
- Imagine a pillar of light surrounding you, protecting and nourishing your energy

Gathering Earth & Scraping Sky (Lower Burner) (Repeat 3 times)

- Breathe to "gather the earth" with the palms of your hands & raise them to the sky
- Breathe out as you invert your palms and "scrape the sky", dragging your arms down so they are fully extended out at your sides
- Breathe in as you bring this energy towards your chest
- Breathe out as you instill the energy to your "lower dantian" by bringing your palms to your belly button

Nourishing the Middle Burner

- Breathe in as you connect the tips of your fingers in front of you, as if you are holding onto an invisible beach ball
- Breathe out as you visualize this space as a bowl for gathering energy
- Breathe in and separate your fingertips, bringing more energy in
- Breathe out and reconnect your fingertips, allowing the energy to stir like a stew
- Repeat 2 more times
- Take a deep breath in and place energy into "middle dantian" by bringing your palms to your solar plexus

Nourishing the Upper Burner

- Breathe in as you raise your hands up to the heavens, clasping them together in a prayer position
- Breathe out and invert your palms and bring them to your heart in prayer
- Repeat 3 times, each time visualizing you are instilling energy into your "upper dantian"

Close the session by thanking your inner divinity for this time dedicated to yourself