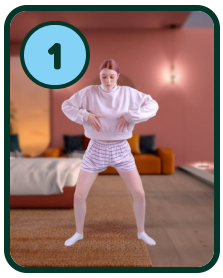
Morning Qi Gong

14 standing movements with pictures. About 10 minutes.

Wakeout

Stand with feet a little wider than your hips, knees soft. Move slowly and breathe calmly. In the forward bends go only as far as is comfortable and come up slowly. Stop if you feel dizzy.



Strong Abdominal Breaths

Hands on your belly. Bend your knees and press your hands down, then come up.

6 slow breaths



Calm Flight

Lift your arms out to the sides like wings. Lower them as you bend your knees.

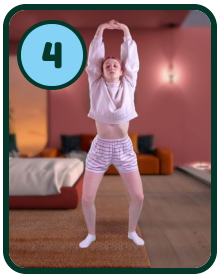
6 slow reps



Hand Waves

Bend your knees and press your palms down. Stand tall and raise them overhead.

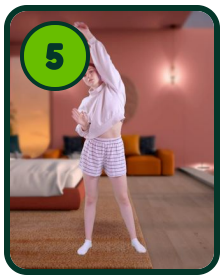
6 slow reps



Heavenly Hands

Lift your hands up the middle to overhead. Open your arms and circle down.

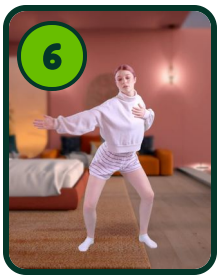
6 slow reps



Overhead Shield

Reach one arm overhead and lean to the side. Come up and switch arms.

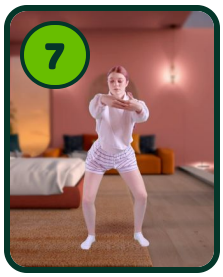
4 each side



Inner Gathering

One hand on your chest. Reach the other arm out to the side and draw it in.

4 each side



Heartfelt Circles

Hands on your chest. Reach both arms out to one side, then back to your chest.

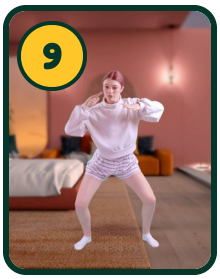
4 each side



Energy Ball

Hold a pretend ball at one side, knees bent. Stand up and open your arms wide.

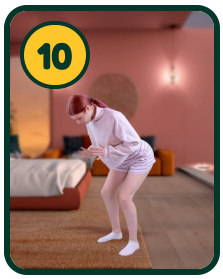
6 slow reps



Repel Self-doubt

Feet wide, knees bent. Slowly push one palm forward, then the other.

10 slow pushes



Grounded Inhales

Knees bent, lean forward. Scoop your hands up from your knees to your chest.

5 slow scoops



Cyclones Towards The Ground

Lean forward. Swing your arms open wide, then gather them at one shoulder.

4 each side



Hand Drop Bend Overs

Hands on your lower back. Bend forward, let your arms hang, then roll up.

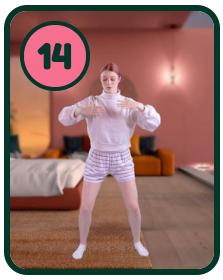
4 slow reps



Expansive Breath

Open your chest and look up. Then bend forward and let your arms hang.

4 slow breaths



Self-healing

Hands on your belly. Circle your arms up overhead, then bring them back down.

5 slow breaths

Watch every move on video:

wakeout.app/exercises/morning-qi-gong-routine

Your 10-minute morning qi gong routine

Do all 14 movements in order, slowly. Rest whenever you like.

Short on time? The 5-minute version:

1. Strong Abdominal Breaths
2. Calm Flight
3. Hand Waves
4. Heavenly Hands
5. Overhead Shield
7. Heartfelt Circles
9. Repel Self-doubt
14. Self-healing