

Stress Reduction/Mindfulness

Qigong-Inspired Mindful Movement

Standing or seated

Three breaths

Breath into belly, below belly button

Sinking the chi

Sweep arms to side - push chi down center

Swinging the arms

Open stance wider than hip distance apart

Bouncing the ball

Shifting weight, lift knee and opposite hand

White Crane

Stance shoulder distance apart or wider

Circling the arms

Shoulder distance stance or slightly wider

Step back to center