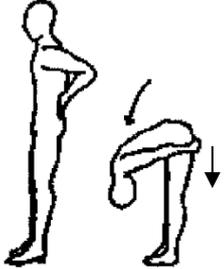
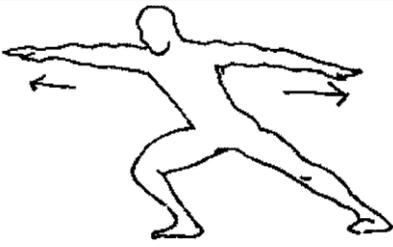
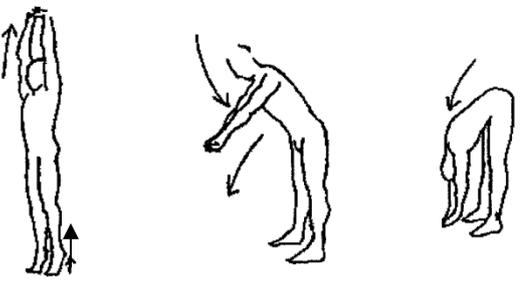


## Mindful Qigong : Standing & Stretching Exercises

- Join the palms (Gassho) before and after each full movement. Repeat each 5 times.
- Anyone with back problems should only do these very gently and within their own limits and when bending forwards should bend the knees slightly.
- Perform smoothly, slowly and mindfully.

	<p><b>HANDS HOLDING A BALL</b></p> <p>Hold an imaginary ball above the head and look directly into the centre of it. Turn the upper body to the left then to the right.</p>
	<p><b>ARCHING BACK POSE</b></p> <p>Step forward with the left leg, keeping feet shoulder width apart, and reach up with the arms, hands palms up. As you do so, arch the back gently. Eyes open, mouth closed. Come back to centre then repeat with the right leg forward.</p>
	<p><b>BACK-SLIDING POSE</b></p> <p>Feet together, interlace the fingers behind the back. Bend upper body forward whilst sliding the hands down to the backs of the legs to the ankles. Come back up with the palms joined.</p>
	<p><b>REACHING POSE</b></p> <p>Step forward with left leg keeping the feet shoulder width apart, and stretching the left arm forward and the right arm back – arms parallel to the floor and palms down. Lean the body forward and focus on the front middle finger. Come back to the centre and repeat with the right leg forward.</p>
	<p><b>PALMS TO THE SKY POSE</b></p> <p>Interlace the fingers and stretching the hands above the head, palms up, rise up on the balls of the feet – hold. Lower the heels slowly, bend the body forwards and lower the arms, the fingers still interlaced. Go down as far as is comfortable. Come back up, palms joined.</p>
	<p><b>BACKWARD POSE</b></p> <p>Stand with feet slightly wider than shoulder width, hands on hips. Gently lean the upper body backwards, eyes open, mouth closed.</p>