

Let's practice –Qigong and Shoulders and Throat

Our energy/health is like a fountain with a powerful and flowing force. For reasons that may or may not be our own doing, through our lives, boulders get piled onto that powerful creative energy, dampening its flow. Long-held mental constructs, physical injuries, emotional scars, habitual physical shapes – these are the boulders. These “blocks” or “tensions” keep us from experiencing and living from our vital force and extending that vitality and energetic connection into our lives.

Yoga is about releasing tension and allowing our creative energy to flow.


Qigong translates as **Gathering (Gong) of Vital Force (Chi)**; circulation of the energy; moving meditation



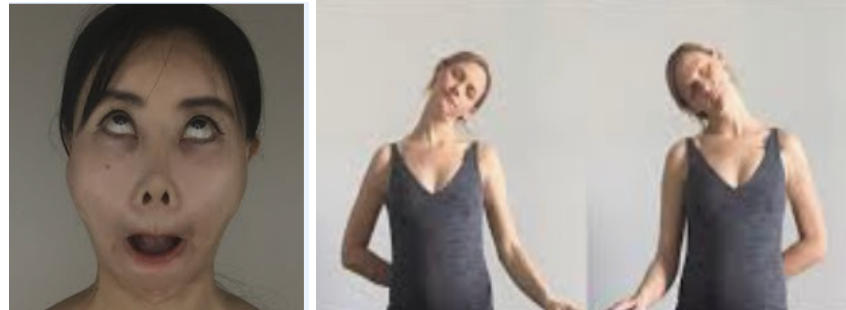

Here are a few links to Qigong and Shaking Videos

<https://www.youtube.com/watch?v=jSJHpL2nT-o>





<https://www.youtube.com/watch?v=MASRvOPXhZM>

<https://toddjackson.thinkific.com/courses/shaking-basics> (you will need to register – It's worth it)

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Images
<p>Standing Shaking Qigong</p>	<p>Start to get out of our head and into our bodies; out of our thoughts and into our felt sense; connecting the dots in our bodies and beginning to integrate and move to wholeness</p>	<p>Massaging and Patting and Shaking, Bouncing = Stimulating Head, Neck, Shoulders Chest and Back Arms and Hands Abdomen and Hips Legs and Feet</p>	

	<p>Relaxing and Making Space Breath and Movement</p>	<p>Rounding Down and Around Ear to one shoulder, exhale down to the side; sweep through center in FB; inhale up tp the other side. Repeat equal times in each direction.</p>	 <p>Forward Fold</p>
	<p>Opening Channels Upper Chakras Breath and Sound</p>	<p>Mouth, Ears, Neck, Throat Sticking out tongue on the exhale with sound</p>	<div data-bbox="1165 446 1984 885">  <p>LION FACE LION Face stretches facial muscles and releases tension. Inhale through nose, make fists and squeeze face muscles. Exhale through mouth, stick out tongue, roll eyes and open hands. Repeat three times.</p> <p>BUMBLEBEES WORKS cheeks, lips and jaw. Inhale through nose and make a chewing sound. Vibrate the sound 'mmm' through nose as you exhale and chew. Repeat for four breaths.</p> </div> <div data-bbox="1144 901 1984 1209">  </div>
	<p>Breath connecting more deeply to energetic mechanism</p>	<p>Tadasana With one hand on heart and the other on belly</p>	 <p>Mountain Pose</p>

	<p>Putting it together Flowing Movement with the Breath</p>	<p>Vinyasa (a flowing Sequence of Movements coordinated with breath) Starting in uttanasana, raise arms raising overhead into a Backbend, Forward Bend, Return to Standing, Side Stretches, Twists, Back to Center, Arms Raised and then into Anjali Mudra - Repeat</p>	
<p>Wall Work</p>	<p>Finding Length through spine and side body Lengthening and strengthen the reach of the arms and legs Opening hips and working on asymmetrical balance</p>	<p>Ardha Adho Mukha Svanasana (Half Down Dog using the wall)</p> <p>Virabhadrasana (Warrior 1 using the wall to anchor back heel)</p> <p>Vasisthasana (Side Plank at the Wall)</p>	  

<p>Transition to floor</p>	<p>Spinal release from cranium to tailbone Strength building in arms and core</p>	<p>Uttanasana (FB with blocks) Stay and release</p> <p>Adho Mukha Svanasana (Downward Dogs with or without blocks) Hold</p> <p>and then alternate with Phalakasana/ Adho Mukha Dandasana (inhaling into Plank pose and then exhaling back into Down Dog)</p> <p>Balasana (Child's Pose) Rest and then transition to sitting</p>	 <p>Forward Fold</p>  <p>Downward Dog</p>   <p>Child's Pose</p>
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Floor
Seated

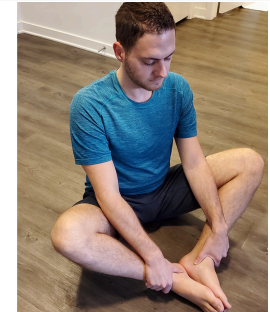
Strength and Flexibility in Hips,
Pelvis, Knees
Deep Tissue release
Preparation for seated
meditative posture


Dandasana
(Stick pose)

Janu Sirsasana
(asymmetrical Seated Forward Bend)

Uphavishtha Konasana
(Wide-legged Seated FB)

Baddha Konasana
(Bound Angle Pose)



<p>Floor On Back</p>	<p>Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release</p>	<p>Simple Twists Simple Hips Openers</p> <p>Happy Baby Eye of the Knee</p> <p>Supta Baddha Konasana (Reclining Bound Angle with supports such as blankets or blocks)</p> <p>Sivasana (Resting with any props to aide in your comfort)</p>	
<p>Seated</p>	<p>Ending Class Namaste</p>	<p>Sukhasana (Simple Seated Pose with hands in Anjali Mudra)</p>	