

## **Qigong Set 3**

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This qigong set can be a short 15 minute set or extended to 30 + minutes.

The set is for advanced students only, beginners should concentrate on sets one and two.

Qigong exercises should be practised slowly, with slow deep breathing, always breathing in and out through the nose. The tip of the tongue should be lightly placed on the roof of the mouth with the jaw relaxed and shoulders down.

The exercises should be performed in a rhythmic relaxed way with an emphasis on connected breathing

### **Set 3**

#### **Start in Shoulder width Stance**

Pendulum - 30 times

Eagle soaring - 30 times

#### **Front Stance**

Fair Lady works her shuttle - 20 each leg

#### **Horse Stance**

Yin opens Yang closes - 30 times

Pushing Mountains - 30 times

Retrieving the moon from the sea - 20 times

#### **Stance holding**

Hold Retrieving moon from sea - 2 minutes

#### **End of set**

Return to a ready stance and gather in the Qi to the Dan Tian

#### **Important note:**

Perform the above in order for as long or short as you wish, it will take time to be relaxed and comfortable with this set. Qigong is meant to be challenging, but do not over do your practise to start with, build up times and repetitions slowly over time.