



# QiMoves Qigong

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## Introduction

### General

QiMoves is a series of short & practical Qigong routines that improve the quality and flow of Qi in the body. Qi is the Life Force Energy that helps determine your health, vitality, and longevity. QiMoves allows you to selectively practice the routines that help improve the quality and flow of your day.

QiMoves practices use movement to stimulate the Qi and improve flow through the meridians, pressure-points to enhance flow of Qi, relaxation to release blockages in the flow, and breathing techniques and visualization to improve connection and exchange of Qi with external sources such as the Air, Earth, and Nature. QiMoves also calm the mind while improving mental focus and clarity.

Each QiMove routine combines some or all of these benefits. Practice QiMoves with Intention and Mindfulness to receive the most benefit.

There are suggested or implied ways of using the routines, but each person's Qi is unique and the way that the routines interact with your Qi is unique. As you practice the routines, notice how you are affected and adjust your use of the routines accordingly. In general, the benefits of Qigong accumulate with regular and frequent practice.

### QiBreak

This QiMove can be done throughout your day. There are 3 main parts. The first part helps to release stress and tension from the neck and shoulders. The second part improves the flow of Qi through the lower back, spine and arms. The third part aims to release tension and improve the flow of Qi to the head, for greater focus and clarity.



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*The Lite version of QiMoves includes QiBreak (Standing Position).  
The Premium version of QiMoves also includes QiBreak (Sitting Position) and  
the following routines.*

### **QiRise (premium version only)**

This can be done at the start of your day. The intention of this practice is to gently stimulate and awaken the flow of Qi while also creating a harmonious balance through the body.

### **QiUnwind (premium version only)**

This QiMove can be done at the end of your work day.  
The intention of this practice is to gently relax the body and release tension while balancing the Qi.

### **Bone Breathing Meditation (premium version only)**

This meditation can be done at any time of day.  
This is an ancient Taoist Qigong practice that helps to restore health and strength to the bones. The practice uses breathing and visualization to bring more healing Qi into the bones and joints. It can be used for any condition affecting the bones and joints, and complements any other form of treatment.

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