



BALANCE RETREAT

Qi (Chi) Awareness Exercise

Close your eyes halfway
Focus your mind and
concentrate on your palms

ALLOW YOUR BREATH TO SLOW AND
SAY TO YOURSELFRELAX ...

Bring your hands together, so the
centre of your palms touch and
fingers pointing upward

Slowly move your
hands apart keeping
the centre of the
palms aligned to
about 30 cms

LET YOUR HANDS DRIFT TOGETHER
COMPRESSING THE AIR GENTLY

Focus on the warm
tingling
sensation in
the centre of your
palms

MOVE YOUR HANDS SLOWLY BACK & FORTH
VARYING THE RANGE AND DIRECTION

Imagine playing an accordion

This simple exercise will build your awareness of
Qi as a tickling, warming or cooling sensation

WHEN YOU START TO FEEL THE QI, USE YOUR INDEX FINGER TO
DIRECT THE QI TO THE OTHER PALM HOLDING THAT HAND
PERPENDICULAR TO THE FLOOR WITH FINGERS POINTING UP