



QIGONG: SPINAL STRETCH



"Life Coaching For Your Individual Greatness"

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The Legal Stuff

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TABLE OF CONTENTS

1.0 ABOUT ONE 80 TURN, LLC

2.0 PROGRAM INFORMATION

2.1 Description

2.2 Objectives

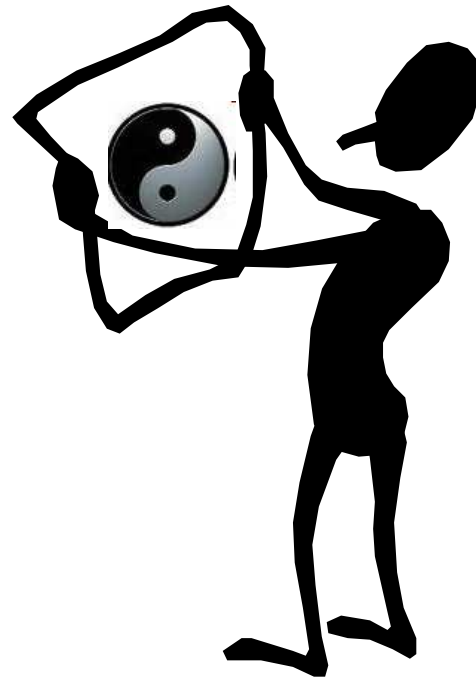
2.3 Suggested Users

3.0 PROGRAM CONTENT

3.1 What Is Qigong?

3.2 Spinal Stretch Exercise

3.3 Sources





ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. While our whole body approach utilizes results oriented tools and concepts from various cultures and philosophies, the primary focus of the business is the reduction and minimization of stress among teens.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source for the reduction and minimization of stress in teens.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages.





PROGRAM INFORMATION

2.1 Description

Spinal Stretch is a qigong (pronounced chee-kung) exercise to help loosen and stretch the spinal vertebrae and assist with energy flow in the body. As the spinal cord is manipulated, this promotes energy flow in the mechanisms of the body that control position and movement; those one uses to adjust muscular movements accurately and maintain balance.

2.2 Objectives

Performing this exercise will help you to:

- Facilitate the flow of electrical impulses and fluids to the brain and spinal cord
- Stretch the connective tissues
- Enhance the elasticity of ligaments

2.3 Suggested Users

Those seeking assistance:

- In loosening tight back and shoulder muscles
- With mental relaxation



PROGRAM CONTENT

3.1 What Is Qigong?

Qigong (Chi Kung), pronounced chee-kung, is the mother of Chinese self-healing and is one of the four pillars of traditional Chinese medicine that includes acupuncture, massage and herbal medicine. Qigong is the easiest in terms of self-application and is a practice that has been used by the people of China for thousands of years to improve and maintain their health as well as develop greater power for the martial arts. Those who practice qigong regularly need less medication and heal faster. The word qigong, when broken into its two components translates like this:

Qi = energy, life force, vitality that circulates within the body

Gong = work, practice, cultivate, refine

Therefore, qigong can be defined to mean *to cultivate and refine, through practice, the body's energy or life force to increase and control its circulation.*

Health Benefits

This discipline can reduce stress and improve overall well-being, and some practitioners suggest that doing qigong:

- Increases delivery of oxygen to the tissues
- Enhances the elimination of waste products
- Increases the flow of lymphatic fluid throughout the body helping to strengthen the immune system
- Shifts us out of the sympathetic nervous system (associated with fight-or-flight and our normal reaction to stress) into the parasympathetic nervous system (associated with feelings of pleasure and harmony)

氣功



3.1 What Is Qigong?

Because it promotes relaxation, qigong may also:

- Decrease the heart rate
- Lower blood pressure
- Relieve pain from migraines and some forms of arthritis

Core Skills

Qigong is a technique driven art that requires discipline on behalf of the practitioner in order to gain the maximum benefits possible. The cores skills that must be integrated successfully are:

Relaxation—*The* most important aspect of qigong. When the mind and body are relaxed, qi can circulate freely, thereby enhancing health and mental well being.

Breathing—Very important because the execution of the proper breathing technique helps all the other skills come together easily.

Physical Postures—Proper physical postures encourage qi to balance and flow in the fashion that is most beneficial and natural.

Focused Intent—Your focused intent establishes what you want to achieve from practicing qigong. It is not an internal conversation and replaces mental chatter.

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3.1 What Is Qigong?

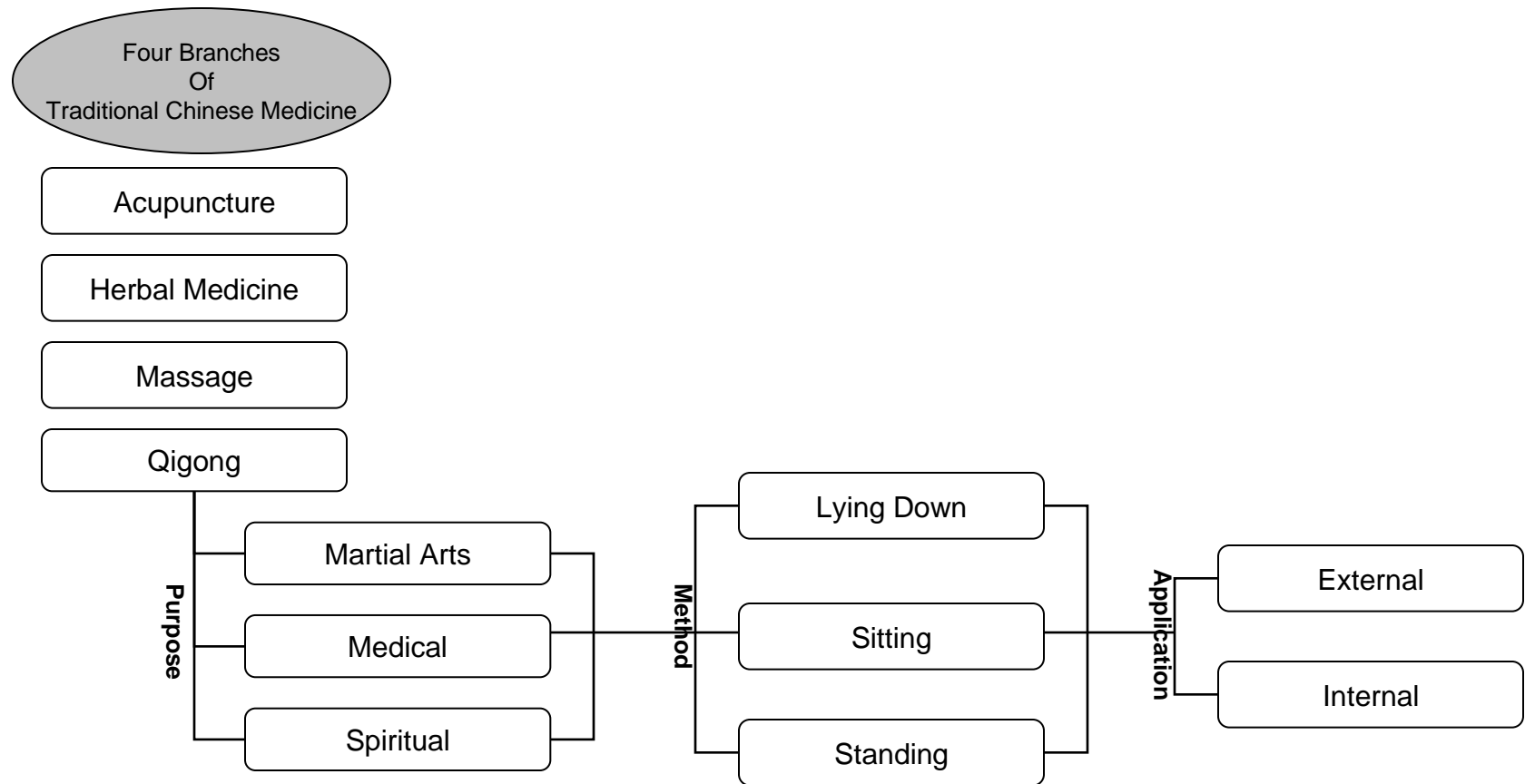
How Does It Work?

There are **thousands** of different qigong exercises and the word "form" is used to refer to a specific sequence of individual exercises that are traditionally performed together. The exercises may consist of simple movements designed to teach improved breathing or more complex exercises, similar to calisthenics, that can affect functions such as heart rate and blood pressure. The exercises are typically done standing, sitting, lying down, or sometimes while walking, and encompass the "core skills" previously mentioned.

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3.1 What Is Qigong?

The purposes, methods and applications of qigong.



3.2 Qigong: Spinal Stretch Exercise

Inhale – Breathe In



Step 1

- A. Stand with your feet shoulder width apart, with your hands relaxing at your side.
- B. Place the tip of your tongue to the roof of your mouth to help facilitate the flow of energy in your body.
- C. Inhale a deep breath and slowly exhale through your nose.

Step 2

Do all the following simultaneously:

- A. Take a long slow, deep inhale through your nose.
- B. Raise both hands up your sides and over your head.
- C. Visualize blue energy flowing from the earth up through your feet and filling your entire body from the bottom of your feet to the top of your head.

3.2 Qigong: Spinal Stretch Exercise

Exhale – Breathe Out



Step 3

Do all the following simultaneously:

- A. Slowly bend your head forward and feel your vertebrae stretch.
- B. Slowly exhale through your nose and let your hands pull your arms forward until you are bent forward at the waist. Feel each vertebrae of your spine stretch in a rippling fashion.
- C. Once you are completely bent at the waist, squat down and extend your hands to your sides. You should have completely expelled your exhale.
- D. Visualize the blue energy flowing down through your body, out of your feet and into the earth as you exhale.

3.2 Qigong: Spinal Stretch Exercise

Inhale – Breath In



Step 4

Do all the following simultaneously:

- From the squat position, begin to inhale and slowly stand up straight and raise your hands up your sides until they are again positioned over your head.
- Continue to slowly inhale through your nose and feel the reverse rippling of each vertebrae of your spine.
- Visualize blue energy flowing from the earth up through your feet and filling your entire body from the bottom of your feet to the top of your head.
- Repeat steps 3 and 4 at least six (6) times. Remember to exhale when lowering your body and inhale when raising your body.
- When done, stand straight, breathe normally and relax.



3.3 Sources

1. Chinese Medical Qigong Therapy, Volume 4, Dr. Jerry Alan Johnson
2. The Qigong Year, Michael Bruney
3. Qigong For Health And Martial Arts, Dr. Yan Jwing-Ming