

## **Qigong Rocking/Shifting Set**

Stand and Regulate Breathing

Raise Arms

Ward-Off Left / Ward-Off Right

Roll-Back Right & Brush Knee Left / Roll-Back Left & Brush Knee Right

Pull Down Right & Press Left / Pull Down Left & Press Right

Separate Hand & Push (Left foot / Right foot)

Embrace with Arms (Left foot / Right foot)

Stationary Ball Circle (to Left / to Right):

Vertical / Horizontal / Wave Hands in Clouds / Figure-8

Rocking/Shifting Ball Circle (Left foot / Right foot):

Vertical / Horizontal / Wave Hands in Clouds / Figure-8

Clearing / Quieting

Close