



# *Feeling Fit with FSHD*

## *Exercise & Qigong Workshop 2a*

*November 21 2022*

**Presented By: Frank Hanley**

**website: [qigongcanchangeyourlife.com](http://qigongcanchangeyourlife.com)**

**email: [qigongcanchangeyourlife@gmail.com](mailto:qigongcanchangeyourlife@gmail.com)**

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## Session Outline

- Q&A and Review
- Neck & Shoulder exercises
- Ab exercises
- Qigong Fundamentals
  - Diaphragm Breathing & Visualizations
  - Introduce Qigong exercise - 7 Gates

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If you develop a daily Qigong practice

Results will come, subtle, takes time, no magic pill

- Strengthen immune system
- Relieve stress
- Improve breathing
- Resist infections, virus, cold & flu
- Improve balance and coordination
- Increase strength and stamina
- Better focus and concentration

## Side Bends

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Sit comfortably, front of chair, no arms

Hands at sides, dangling

Bend to the right, touch the floor

Return to center

Bend to the left

Return to center

Repeat 10x

3 belly breaths, breathe thru nose



## Sit Ups

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Sit comfortably, front of chair, no arms  
Hands cross chest or palms on kidkeys  
Inhale  
Exhale and bend forward  
Inhale and return to center  
Hold breath and bend back slightly  
Return to center  
Repeat 10x  
3 belly breaths, breathe thru nose

## Abs Twist

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Sit comfortably, front of chair, no arms

Hands crossed over chest

Twist at the waist to the right

Return to center

Twist to the left

Return to center

Repeat 10x

3 belly breaths, breathe thru nose

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## Shoulders and Neck

- Simple exercises to loosen up and strengthen the shoulders and neck
- Can do seated or standing

## Shoulders

- Shrug - Up & Down
  - Shrug – Roll shoulders forward
  - Shrug – Roll Shoulders back
  - Shrug – Alternate Left & Right
  - Speed Drill
- 
- 3 belly breaths, breathe thru nose

## Shoulders and Neck

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### Neck

- Turn Head side to side (hold) -- note, can add belly breathing
- Touch shoulder with ear (keep chin up)
- Looking down, let head hang / Look UP - Turtle stretch
- Look Left- Look Right Quickly, then...
  - Left-right looking down,
  - Left-right looking center,
  - Left-right looking up,
  - Left-right looking center
- Mix and Match, Have some fun with it
- 3 belly breaths, breathe thru nose



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## Sitting

Sit straight at edge of chair (if you can), chair arms

Gentle gaze

Breathe thru nose... **WHY? .. Regulates & filters**

Tip of tongue touching roof of mouth

Feet flat on the floor – hands in lap

Grip floor with toes

Body relaxed

Focus on “Dan Tien”

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## Breathing

### Diaphragm Breathing, “Belly Breathing”, Abdominal Breathing

Breath using the diaphragm... **what/where is diaphragm?**

**we were belly breathers, became chest breathers**

Inhale - push down on the diaphragm – belly out

Exhale - pull up with the diaphragm – belly in

Focus on “Dan Tien” , **expand torso, compress abdominals**

## DEMO

Inhale count 5 (**should be full**), exhale count 5, 10x

**Not easy... like handwriting.. Needs lots of practice**

## Visualize

### Two Visualizations

#### 1. Visualize Qi (Dan Tien)

Shape, Size, Color

#### 2. Because of challenges...

I visualize all my forms are correct...

arms are shoulder height, good posture..

## Breathing Practice

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Diaphragm Breathing -- 10x with 5 count

1. Visualize “Qi Ball” - Focus on Dan Tien– 10x with 5 count
2. Expand & Compress
3. Spin hands side to side
4. Expand sides - out and in
5. Raise hands, alternate sides
6. Ocean waves
7. Fast inhale and fast exhale – 2 count
8. Inhale, exhale on 1count, breathe to 5

## Gate 1

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Hand Shape = Fingers Support Heaven

Seated position arms at sides

Belly Breathe

Inhale, bring hands to armpit, palms up, don't shrug

Turn palms facing forward

Exhale, Push hands out, fingers pointing up, tension at top of wrist

Hold this position for 5 to 10 breaths

Last one, drop arms to sides, release tension in wrists

Modification... put arms on tabletop, keep arms at sides

## Gate 2

Hand Shape = Cranes Beak

Seated position arms at sides

Belly Breathe

Inhale, raise arms in front to shoulder height, cranes beak

Hold this position, tension at bottom of wrist

Hold this position for 5 to 10 breaths

Last one, drop arms to sides, release tension in wrists

Modification... put arms on tabletop, keep arms at sides



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## Summary

Neck and Shoulder Exercises  
Ab exercises

Sitting

Breathing

Added Visualization

(14) different breathing routines with visualizations

Time – When to Practice

## Closing

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Next meeting December 8 and 22 at 12 noon eastern time  
Qigong to strengthen the immune system and improve qi flow

Practice 30 minutes a day

Questions send to ???

Request a handout..

Check the BLOG for a video replay.

Thank you for attending