

Self-Care Secrets

Delphine's Collection

Of Custom Qigong Routines

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Introduction

This document contains some of my **most used daily Qigong routines** that I created for me and my family for different occasions.

You can use the **custom routine builder** in the Onenergy Qigong and Meditation App to copy my routines or tweak them according to your likes and needs.

If you are new to Qigong, I highly recommend **starting with two routines** that you like. One is for your morning routine, the other is for your evening routine. Follow those two custom routines you created in the App and practice daily for **at least 7 weeks**.

After that, you can add more routines to your daily routine to strengthen your practice. Then you will see a **big improvement in your health** by the end of 3 months.

Here are my five routines **I urge you** to copy and follow them to practice:

1. 30 minutes morning routine
2. 10 minutes short break routine
3. 10 minutes evening routine
4. 20 minutes family practice routine
5. 15 minutes airplane routine

Tips: To learn how to customize your first Qigong routine that fits your health goal and time availability, sign up for [Onenergy's 5-day Qigong Kickstart Challenge for FREE!](#)



30 Minutes Morning Routine

Goal: The goal of this custom Qigong routine is to awaken the Qi, eliminate the blockages in the spine, and increase the Qi flow all over the body!

Routine Name
30m Morning Routine

Background Sound
Mountain Stream

BG Volume 80 **Color** [Blue]

Interval Bell
Long Bell

Practices

- 2.0 m Swinging Arms (Whole Body)
- 10 x Horizontal Turning Neck (Head & Neck)
- 10 x Squeezing Shoulder Blades (Shoulders & Back)
- 6 x Side Bending and Stretching (Whole Body)
- 5.0 m Caterpillar Movement (Whole Body)
- 0.5 m He-Shi Hand (Hands & Wrists)

Practices and Sequence

- Opening (automatically add)
- Swinging Arms (2 minutes)
- Horizontal Turning Neck (10 times)
- Squeezing Shoulder Blades (10 times)
- Side Bending and Stretching (6 times)
- Caterpillar Movement (5 minutes each section)
- He-Shi Hand (0.5 minute)
- Closing (automatically add)

Total Routine Time: 29'27"

10 Minutes Short Break Routine

Goal: The goal of this custom Qigong routine is to quickly release the strain in the neck, shoulders, shoulder blades, and eyes during short breaks.

Routine Name

10m Short Break

Background Sound

Seashore Waves

BG Volume **Color**

100

Interval Bell

Long Bell

Practices

+

- 3 x Vertical Turning Neck
Head & Neck
- 8 x Side Turning Head
Head & Neck
- 5 x Rotating Shoulders
Shoulders & Back
- 10 x Eye Massage
Eyes & Vision

Practices and Sequence

- Opening (automatically add)
- Vertical Turning Neck (3 times)
- Side Turning Head (8 times)
- Rotating Shoulders (5 times)
- Eye Massage (10 times)
- Closing (automatically add)

Total Routine Time: 10'56"

10 Minutes Evening Routine

Goal: The goal of this custom Qigong routine is to replenish Qi and willpower that has been exhausted during the day.

Routine Name
10m Evening Routine

Background Sound
Relaxing Piano Music

BG Volume 60 **Color** Yellow

Interval Bell
Long Bell

Practices

- 9 x Deep Breathing 2+1 (Breathing)
- 10 x Waving Arms (Arms & Elbows)
- 1 x Patting Body (Whole Body)
- 5.0 m Sitting On Heels (Feet & Ankles)
- 0.5 m He-Shi Hand (Hands & Wrists)

Practices and Sequence

- Opening (automatically add)
- Deep Breathing 2+1 (9 times)
- Waving Arms (10 times)
- Patting Body (1 time)
- Sitting On Heels (5 minutes)
- He-Shi Hand (0.5 minute)
- Closing (automatically add)

Total Routine Time: 10'24"

20 Minutes Family Practice Routine

Goal: The goal of this custom Qigong routine is to stretch and loosen up ligaments, tendons and sinews to boost Qi flow, and strengthen teeth and gums.

Routine Name
20m Family Practice

Background Sound
No Sound

BG Volume 100 **Color** [Pink]

Interval Bell
Long Bell

Practices

- 1.0 m **The Butterfly** (Waist & Hips)
- 20 x **Opening Hips** (Waist & Hips)
- 10 x **Cat and Cow** (Whole Body)
- 1.0 m **Straight Legs Sitting** (Knees & Legs)
- 3.0 m **Sitting On Heels** (Feet & Ankles)
- 100 x **Clicking Teeth** (Tongue & Teeth)
- 5 x **Rotating Tongue** (Tongue & Teeth)

Practices and Sequence

- Opening (automatically add)
- The Butterfly (1 minute)
- Opening Hips (20 times)
- Cat And Cow (10 times)
- Straight Legs Sitting (1 minute)
- Sitting On Heels (3 minutes)
- Clicking Teeth (100 times)
- Rotating Tongue (5 times)
- Closing (automatically add)

Total Routine Time: 20'27"

15 Minutes Airplane Routine

Goal: The goal of this custom Qigong routine is to release the tension in the joints, bones, and muscles all over the body, and promote overall Qi flow to prevent back pain, swelling of limbs, and stroke during airplane travel.

Routine Name
15m Airplane Routine

Background Sound
No Sound

BG Volume 100 **Color** [Purple]

Interval Bell
No Sound

Practices

- 10 x Horizontal Turning Neck (Head & Neck)
- 5 x Rotating Head (Head & Neck)
- 20 x Lifting Shoulders (Shoulders & Back)
- 5 x Squeezing Shoulder Blades (Shoulders & Back)
- 50 x Gripping Fingers (Hands & Wrists)
- 20 x Turning Wrists (Hands & Wrists)
- 10 x Rotating Waist (Waist & Hips)
- 10 x Lifting Toes (Feet & Ankles)

Practices and Sequence

- Opening (automatically add)
- Horizontal Turning Neck (10 times)
- Rotating Head (5 times)
- Lifting Shoulders (20 times)
- Squeezing Shoulder Blades (5 times)
- Gripping Fingers (50 times)
- Turning Wrists (20 times)
- Rotating Waist (10 times)
- Lifting Toes (10 times)
- Closing (automatically add)

Total Routine Time: 14'46"



Summary

So far, these routines contain only the preparatory practices. After you enroll in our advanced courses and programs, you will have more new practices to add to these routines.

The possibility of creating any type of custom Qigong routine to fit your goals is unlimited with our App and custom routine builder!

Follow The Steps To Success

Step #1 Become the Onenergy VIP Member to unlock all VIP features and benefits

Step #2 Complete all preparatory lessons and unlock all group practices

Step #3 Create a morning routine and an evening routine (copy my routines!)

Step #4 Set a morning reminder for your morning routine; and an evening reminder for your evening routine. **Practice twice a day for a minimum of 7 weeks.**

Step #5 Get ready for our *next program* to elevate you to a new height! We will email you soon. Stay tuned.

Remember, you are just One Practice Away From Health!

Delphine Zhu

