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 <u>Onenergy's 5-day Qigong Kickstart Challenge for</u> <u>FREE!</u>



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!

Routin	e Name	
30m Morning Routine		
Background Sound		
Mountain Stream		~
BG Volumn		Color
80	~	
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 Stretchina 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)

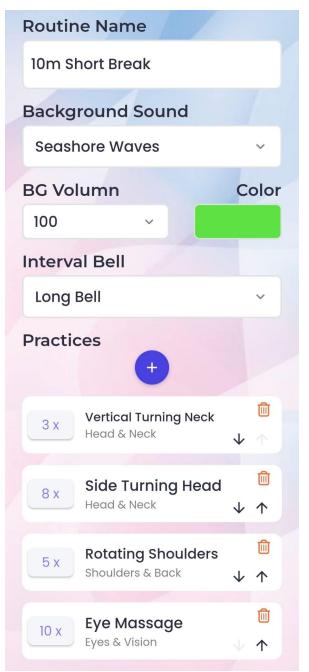
He-Shi Hand (0.5 minute)

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.



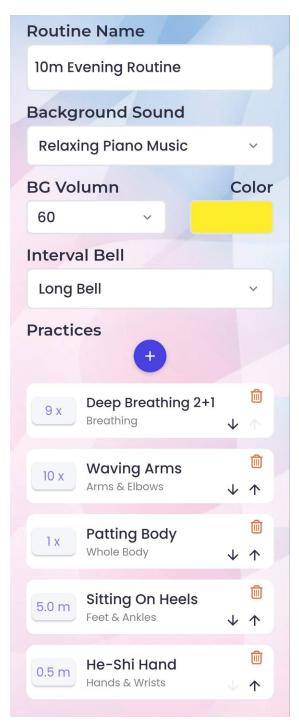
Practices and Sequence

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.



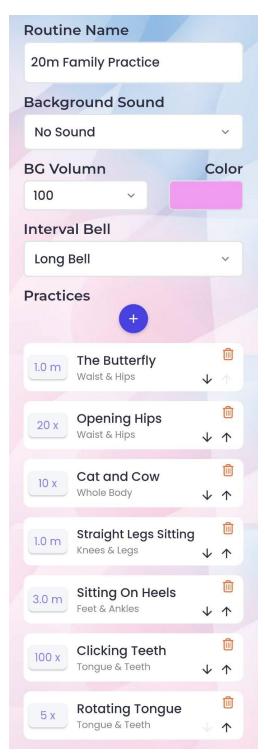
Practices and Sequence

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.



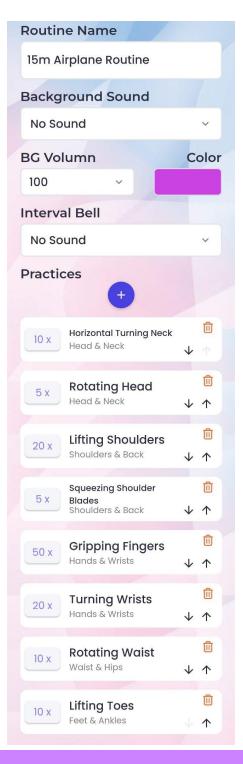
Practices and Sequence

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.



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!

Pelphine Zhu