

Hunyuan Qigong

List of Movements

Beginning: Circle the arms

- 1. Internal Qi Cleansing (Lower the Qi and Cleanse Internally/Qi Shower)**
- 2. Gather the Qi into the Three Dantians**
- 3. Roll the Qi Ball**
- 4. Open and Close the Three Dantians**
- 5. Harmonizing the Sun and Moon**
- 6. Circular Extension and Contraction**
- 7. Single Leg Ascending and Descending**
- 8. Double Leg Ascending and Descending**
- 9. Belt Meridian Grinding**
- 10. Open and Close Heaven and Earth**
- 11. Gather Qi into the Dantian**
- 12. Health Massage**

