

# Spinal Cord Breathing - preliminary exercise for Tai Chi / Qigong



Do the following 'Spinal Cord Breathing' to loosen the shoulders neck and back. The movements mobilise the whole spine and soften the muscles of the back. This allows nutrients to flow easier through the spinal cord to the brain

When possible open the windows or go outside for the duration of the practice. The fresh air eliminates carbon dioxide and energises the whole organism with oxygen.

Do both steps; each sequence three to nine times or just start with step 1.

## In standing posture:

The knees are bent and feel a pull from the highest point of your head and feel a comfortable, gentle stretch in your neck.

Keep your knees bent at all times. Follow the sequence below from Step 1.

**If you sit too long and get tired, the Spinal Cord Breathing is a great remedy**



## In sitting posture:

Sit on the edge of the chair on your sitting bones.

Step 1: Your fingers pointing to the ceiling and your lower arms are vertical parallel in front of your chest. Form loose fists, breathe in as you spread your arms backwards and arch your spine forward.

Breathe out as you bring the elbows close to each other and arch your spine backwards.

Breathe in



Step 2: Your fingers pointing to the ceiling and your lower arms are vertical parallel in front of your chest. Form loose fists. This time point the elbows outside up. Let the elbows fall down backwards while breathing in, opening the upper chest even more. Feel the weight of the arms relaxes the shoulders.

Breathe out with the heart sound "HAWWHH" as you spread your arms backwards and make a round back and push out the kidney area. (Option: just breathe out through your nose).

Breathe out