



Written Descriptions for: Section 3, Lesson 1

# Qigong Warm Ups: The ‘Long Life Set’

The ‘Long Life Set’ is a series of gentle, flowing movements designed to loosen joints and promote energy circulation throughout the body.

The sequence moves progressively from the wrists and ankles up to the neck, ensuring that the entire body is engaged and revitalised.

## **Breathing**

Throughout the entire sequence, maintain a steady breath, directing each inhale down into the lower abdomen.

### **1. Wrists and ankles:**

- Interlace fingers and lift up onto the ball of the left foot.
- Begin to circle the wrists at the same time as circling the heel around the ball of the foot.
- Circle for 18 rotations.
- Change directions (of both the wrists and ankles) for 18 rotations
- Then swap legs (but keep fingers interlaced and continue rolling the wrists) to perform the rotations in both directions for 18 rotations each.

### **2. Ankles and knees:**

- Stand with the legs together, hands on knees.
- Drop both knees down to the left and then circle the knees to the right and back to straight.
- Repeat 9 times.
- Then reverse directions – drop knees down to the right, circle the knees to the left and then back to straight.

### **3. Ankles, knees and hips:**

- Step the feet out to wider than the hips. Place hands on knees, toes facing out, knees slightly bent.
- With your inhale, bend the knees further to the toes, circle the knees inwards towards each other and then straighten knees with the knees internally rotated.
- With the exhale, bend the knees towards each other, circle the knees outwards and then back to straight.
- Repeat 9 times.



#### **4. Hips (Sacrum Spiral):**

- Stand with the feet just wider than hip distance apart, hands on the hips.
- Taking your attention into the sacrum, begin to move the sacrum in a spiral motion – starting off as a very small spiral which gradually gets bigger and bigger – making hips circle ever wider and wider.
- When you get to your widest expression of the spiral, change direction and spiral back in again, starting with a large spiral and ending with an infinitely small one where the hips are not even moving but you can still feel the spiral turn.
- Then change direction again spiralling out – this time, use the energy of the spiral to move your hips.
- The energy moves your muscles, not visa versa.
- Let the spiral flower out to your hips widest expression of it, then reverse direction spiralling back into stillness again.
- Observe within the body the effect of this exercise.

#### **5. Spine (Twisting and Arm Swinging):**

- Stand with the feet just wider than the hips, and knees slightly bent, hands dangling by your side.
- Keeping the feet where they are, begin to move so as to face the hips to the left and then the right in a gentle alternating fashion.
- At first this movement is very small and does not make the arms move very much, but as it gets faster, it begins to make the arms swing in a pendulum-like motion.
- As you get faster and the arms swing higher, use the hands to slap against the body – slap the hips, kidneys and front of the belly, lungs and shoulders/chest.
- After some time, start to slow down, reducing the arm swing gradually, returning once again to just moving the hips to face each side, and then into stillness with the mind searching for the centre of the movement.

#### **6. Shoulders (Single Arm Circles):**

- Place left fingers to the lung point at the inner right shoulder, begin to swing the arm in a circle forward, overhead and down to the back, for 9 rotations, then change directions for 9 rotations.
- Swap sides – right fingers to inner left shoulder, swing the left arm forward and then back for 9 rotations each way.

#### **7. Shoulders and elbows:**

This little sequence aligns the shoulder joints:

- “Inhale, inhale”: fists facing each other at the front of the body, elbows bent facing the sides. Inhale to half lung capacity, bringing the elbows wider to the side, opening the chest, fists away from each other then return to the start and inhale the rest of the lung capacity by doing the motion again.
- “Exhale, exhale”: first half-exhale, open the palms to the sky, palms over each other and then bring the arms wide to the side with palms facing upwards, then for the second half-exhale, cross the palms with other hand on top before widening the arms to the sides.



- “Inhale, Inhale”: Swing the left arm over your head as the right arm swing by the right hip with elbow bent upwards - one of these motions for each half-inhale.
- “Exhale, exhale”: swap sides, swinging the right arm overhead with left arm swinging to the left hip with elbow bent upwards – one of these motions for each half-exhale.

## 8. Neck Loosening Sequence:

Perform each movement **slowly and smoothly**, avoiding excessive strain.

### (i) Chin to Chest

- Exhale, dropping the neck down, chin to chest. Inhale return to normal.
- Repeat 3 times.

### (ii) Lateral Neck Drops

- Exhale, drop right ear to right shoulder, inhaling upwards.
- Repeat 3 times.
- Exhale, drop left ear to left shoulder, inhaling upwards.
- Repeat 3 times.

### (iii) Half Neck Circles

- Exhale, drop right ear to right shoulder, roll chin along chest until left ear is at left shoulder, inhaling up along the left shoulder (i.e. half rotation of the neck – not a full circle which would compress the back of the neck).
- Repeat 3 times.
- Exhale, drop left ear to left shoulder, roll chin along chest until right ear is at right shoulder, inhaling up along the right shoulder (i.e. half rotation of the neck – not a full circle which would compress the back of the neck).
- Repeat 3 times.

### (iv) Diagonal Neck Drops

- Diagonally dropping neck to right side – midway between shoulder and chest. Exhale down, inhale up.
- Extend the left shoulder diagonally back when the head drops forward.
- Repeat 3 times.
- Diagonally dropping neck to left side – midway between shoulder and chest. Exhale down, inhale up.
- Extend the right shoulder diagonally back when the head drops forward.
- Repeat 3 times.

The 'Long Life Set' is designed to gently awaken the body, improve joint mobility, and cultivate internal energy flow. It is best practiced daily, moving at a relaxed, natural pace while maintaining steady abdominal breathing. Through consistent practice, this sequence supports long-term physical and energetic well-being.