



Written Description for: Section 11, Lesson 5

Qi Pressure Exercise #4: Step Breathing

(i) Adopt Reverse Breathing:

- Begin in a seated position with your spine straight, or stand in the Simple Stance.
- Engage in reverse breathing, keeping the abdomen drawn in during inhalation and expanding outward during exhalation.

(ii) Divide the Inhalation into Steps:

- Inhale 10% of your lung capacity and pause.
- Hold the breath for 2 seconds.
- Take in another 10% and hold again.
- Continue this process in increments until your lungs are completely full.

(iii) Feel the Qi Pressure:

- With each mini-inhalation, observe the pressure building within the lungs. Notice how every small sip of air carries Qi, multiplying the amount of energy stored compared to a single continuous breath.

(iv) Full Breath Retention:

- Once you reach your maximum lung capacity, hold the full breath for a few seconds, allowing the Qi to consolidate and integrate into the body.

(v) Controlled Exhalation:

- Slowly release the breath in a long, controlled manner, allowing the abdomen to expand outward as you exhale.