



Written Description for: Section 3, Lesson 2

Qigong Warm Ups: Shaking Practice

Version 1: Dynamic Shaking (With Heel Lift)

Purpose: This version involves lifting the heels with each bounce, creating a strong pulse through the whole body. It energises, shakes off emotional residue, clears blockages, and boosts circulation.

1. Begin in Standing Position

- Feet shoulder-width, knees soft
- Arms and jaw relaxed, spine long

2. Add Vertical Bounce with Heel Lift

- Start bouncing by pressing through your feet and lifting your heels rhythmically
- Allow the whole body to pulse gently with each bounce
- Let the heels drop back with a soft thump, sending a wave through the joints

3. Incorporate the Breath

- Breath in coordination with the bounce, by taking in multiple short mini-breaths for each inahaltion, and when exhaling, breathing out in short mini-breaths.
- You do not have to keep to a specific count of how many mini-breaths in and how many mini-breaths out – that should be natural for you.
- The purpose of the mini-breaths (or step breathing) is to ensure that each inhalation and exalation is as long as possible, while in coordination with the bounce.

4. Let the Arms Flop and Shake

- Let the arms move freely — don't try to control them
- Allow head and shoulders to follow the rhythm naturally

5. Continue for 5-10 Minutes

- Stay soft in breath and mind



- You may begin to feel heat, tingling, or emotional release

6. Slow Down Gradually

- Reduce the height and frequency of your heel lifts
- Return to stillness and feel the aftereffects

Version 2: Grounded Shaking (Without Heel Lift)

Purpose: This version keeps the feet rooted while the knees, hips, and spine initiate a vertical ripple through the body. It gently massages internal organs, promotes lymph flow, and helps relax the nervous system — perfect as a daily practice or warm-up.

1. Start in Standing Position

- Feet shoulder-width apart, knees soft
- Arms relaxed by the sides, shoulders loose
- Spine upright, jaw unclenched

2. Bounce Through the Knees

- Begin a rhythmic bounce through your knees and hips
- Keep your heels grounded at all times
- The movement should be soft but continuous — like shaking out tension

3. Incorporate the Breath

- Breath in coordination with the bounce, by taking in multiple short mini-breaths for each inahaltion, and when exhaling, breathing out in short mini-breaths.
- You do not have to keep to a specific count of how many mini-breaths in and how many mini-breaths out – that should be natural for you.
- The purpose of the mini-breaths (or step breathing) is to ensure that each inhalation and exalation is as long as possible, while in coordination with the bounce.

4. Let the Body Loosen

- Allow the shoulders, arms, and jaw to shake freely
- Let the oscillation travel up the spine
- Keep your breath natural



5. Maintain for 5-10 Minutes

- Focus on internal sensations: tingling, warmth, vibrations
- This shake is meditative and deeply centring

6. Come to Stillness

- Gently slow the motion
- Stand quietly and observe any shifts in energy, emotion, or breath.