

Qigong Quiet Standing (Wuji)

Feet shoulders' width apart, facing forward.

Grip with toes

Weight central, just in front of the ankles

Knees bent just enough to unlock them

Upper legs rounded, groin area open and soft

Draw in abdomen just above pubic bone

Soften the tailbone, lift the perineum

Adjust until low back and low abdomen are comfortable

Shoulders dropped, space under armpits

Curve over shoulders, elbows and wrists, soft hands

Lift crown as though your hair is pulling you up

Jaw relaxed and teeth together

Tongue tip touches roof of mouth

Face serene, kind smile, soft focus

Breathing down to area between hips (dantian)

Smile down into trunk, soften and sink the front

Weight low

Minimum effort - enjoy it!

Rise and sink slightly if uncomfortable

Revert slowly to normal activities

