



TOBY K. HALLOWITZ, ND, MSOM, LAC

S **STONE - ATWATER**

**ACUPUNCTURE &
NATURAL HEALING**

29 S. Water St., Westfield, NY 14787

Phone/Fax: 716.326.7652

www.stone-atwater.com

YES, NO, MAYBE SO.... SHOULDER GIRDLE QI GONG STRETCH

Repeat all exercises an odd number of times, either 3, 5 or 7 times (7 would be preferable if you have enough time).

CHECKING IN: Sit in a straight chair, with your feet flat on the floor. Women should place their left hand over their right, with the left thumb inside the right palm. Men place their right hand over left, with their right thumb inside the left. Place your folded hands over the abdomen. As you breathe in your lower abdomen expands filling your chest with air and pushing your hands outwards. Then breathing out, your hands follow your abdomen back inwards. Please take nice, slow, deep breaths and pay attention to the tightness and/or pain in your neck and shoulder region.

YES: Starting with your head down, raise your head up and back as you breathe abdominally, pushing the abdomen out and filling the lungs. Then bring your head forward and down as you exhale. You should feel the stretch in the front of your neck as you bring your head back and feel the stretch at the base of your neck as you bring your head down.

NO: Breathe in as you face center. Then breathe out as you turn your head to the right. Breathe in as you turn your head to center. Breathe out as you turn your head to the left, and again inspire as you come to center. Be sure to keep your head level.

MAYBE SO: Starting with your head down, breathe in as you lift your head up the side in a rolling motion. Exhale as you slowly allow your head to roll down the other side. These are basically neck rolls. Perform 7 in one direction then repeat 7 times in the other direction.

VERTICAL CIRCLES: As you inhale, lift your shoulders up in a rotating manner and extending them downwards and backwards as you exhale. Your shoulders and arms are mimicking the action of a steam engine. Be sure to feel a good stretch between your shoulder blades. Next, repeat 7 times in the opposite direction.

HORIZONTAL CIRCLES: Perform horizontal circles with the back of your hands touching each other as you move them forward, then outwards. This is like the breast stroke. After 7 repetitions, change directions, i.e. "bring the water towards you".

CHECKING IN: Perform the abdominal breathing as before. This time pay specific attention to how your body has changed. The meridians in your neck and shoulder region have opened up. Their might be tingling or an overall sense of relaxation. Spend as much time as you like in this space... enjoy and acknowledge your body and the changes from the inside.