

More for You *weekly blog*

Week of October 20th

This week we begin the period called Frost Descent (*shuāng jiàng*, 霜降) in the Chinese solar calendar. The transition of seasons is feeling more tangible, more leaves releasing their hold in the tree branches, the cry of geese on the wind. There's a stronger push-pull feeling in the air. It's the season for being crystal clear about what's essential, and what to release.

Here's a very concise but dynamic qigong stretching sequence - great for clearing the way for the start of a day:

This exercise is done in a seated position, or even while lying down (try it before getting out of bed!). It uses simple alternating push-pull flexes in the feet and hands, and gentle tipping of the head to match.

- With one foot pull the toes up, while pressing the toes down in the other foot. Feel how the heels also lift and press down in a rocking motion. Enjoy the gentle stretch your ankles and legs are getting.
- Add a similar rocking motion with the hands, fingertips and heels of the palms alternately pulling up and pressing down. Enjoy the gentle stretch your wrists and arms are getting.
- Slow everything down, and add a slight chin tuck to look down at each hand as the fingers pull up. Feel how this softly lifts the back of your crown (fontanelle). Enjoy the gentle rocking stretch stretch in your neck and upper spine as you go from side to side.
- Don't forget to breathe!

As always, feel free to email me if any questions!

Here's a set of music for our class time, and any time you'd like to balance of grounding and uplifting sound during the week... Enjoy! <https://youtu.be/fnO88JpzE68?si=tQp0cY66CHHOsCbw>



Ajay Anand – Jammu, Kashmir