

FREE Guided Practice: 5-Minute Qigong Mini-Practice

BY HELLEN – YOUR QIGONG AND ENERGY WELLNESS GUIDE

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This mini-practice will guide you through gentle movements and focused breathing to release tension, restore energy, cultivate inner peace, and enjoy this moment of calm.

Welcome!

Hello and welcome. My name is Hellen, and I'm so glad you're here.

In this short practice, we'll use simple Qigong movements and breathing to gently release stress and restore your energy.

This is for you—no matter your experience or how you feel right now.

Just follow along, breathe deeply, and give yourself permission to soften.

Best experienced in a quiet space. ..standing or sitting comfortably. No equipment needed. Just you and your breath.



Part 1: Centering Breath (1 min)

Begin by standing or sitting upright, feet flat on the ground, hands relaxed by your sides or on your lap.
Close your eyes or lower your gaze.
Take a slow breath in through your nose...
Hold for a moment...
And exhale gently through your mouth.
Repeat this two more times.
Inhale...
Pause...
Exhale...
Let your shoulders soften. Let your jaw relax. Feel your body begin to settle.



Part 2: "Washing Qi" Movement (2 min)

Now, we'll begin a gentle movement called Washing Qi—clearing away tension and bringing in fresh energy.

Movement:

- Inhale as you sweep your arms slowly up in front of your body to shoulder height, palms facing up.
- Exhale as you turn the palms downward and gently press them down as if smoothing energy along your body.

Repeat this slow, flowing movement for a minute or two. Let your breath lead your movement.

With each inhale, invite in calm.

With each exhale, release tension, fatigue, or mental noise.

You are cleansing your field... Restoring your center.

Part 3: Gathering Qi (1 min)

Place one hand over your lower belly, then place the other on top. This is your energy center—your Dantian.

Take a few slow breaths into this space.

Feel warmth building under your hands.

Visualize a soft, golden light glowing there.

You're grounding your energy and sealing in calm.

Closing (30 sec)

Lower your hands gently by your sides.

Take one final deep breath in...

Exhale slowly.

When ready, open your eyes or lift your gaze.

Smile softly. You've honored your body and mind.

Thank You for Practicing With Me

This is just the beginning.

If you'd like to go deeper, explore the Inner Radiance Private Qigong Journey or the Executive Energy Edge program for a fully personalised wellness path.

With calm and care,
Hellen