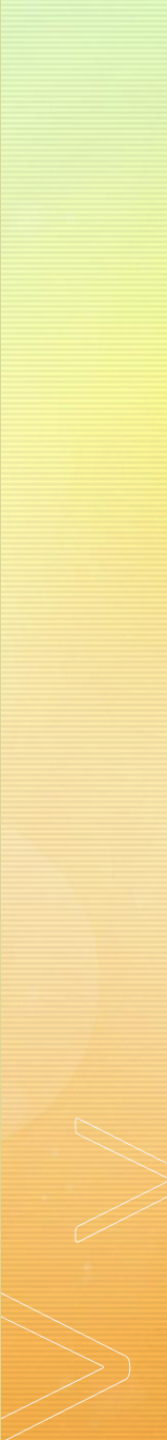


# 6- Healing Sound Qi Gong *Step-by-Step* Guide



1.Xu



1. Naturally legs together



2. open legs shoulders width



3. Both hands by waist



Reach your arm out across your chest while turning your body to the same side, ideally 90 degree, arms the same height with your shoulder . In the mean time, Glare your eyes and let your gaze follow your fingertips

REPEAT



## 2. HE



# TRANSITION



1. Bend your elbows, bringing both forearms closer together in front of your navel



2. bringing your cupped hands up to your chest.



3. Rotate your palms so they are back-to-back, with fingers pointing downward.





4. Exhale and make the sound “HE...,” slowly moving your hands down along the centerline to navel level.



5. Rotate your palms outward, turning your elbows as both hands draw outward circles.



REPEAT

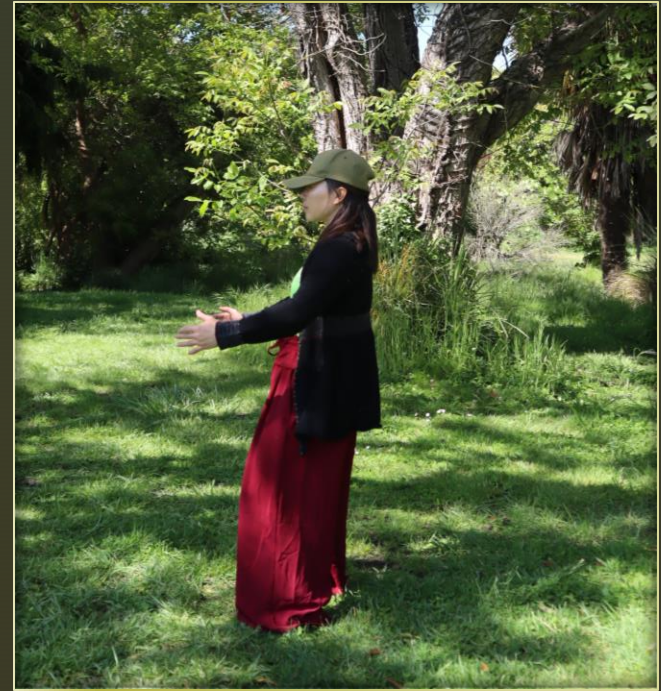


# 3. HU

# TRANSITION

Begin with your hands forming a triangle in front of your navel.





1. Exhale as you bend your knees and expand both arms outward like a balloon, while making the sound “hu...”.
2. Inhale as you stand tall, returning your hands to the starting position in front of your navel.
3. Repeat

# REPEAT

4.SI

# TRANSITION



Turn both palms upward in front of your navel.



1. Inhale as you raise both arms to the front of your chest.



2. Let your elbows drop, naturally leading your arms to the sides.



3. Open your chest, gently squeezing your shoulder blades, leading your both arms apart.





4. Relax, bringing your chest back to a neutral position, palms facing each other.



5. Exhale, pushing both hands forward while making the sound "si...".



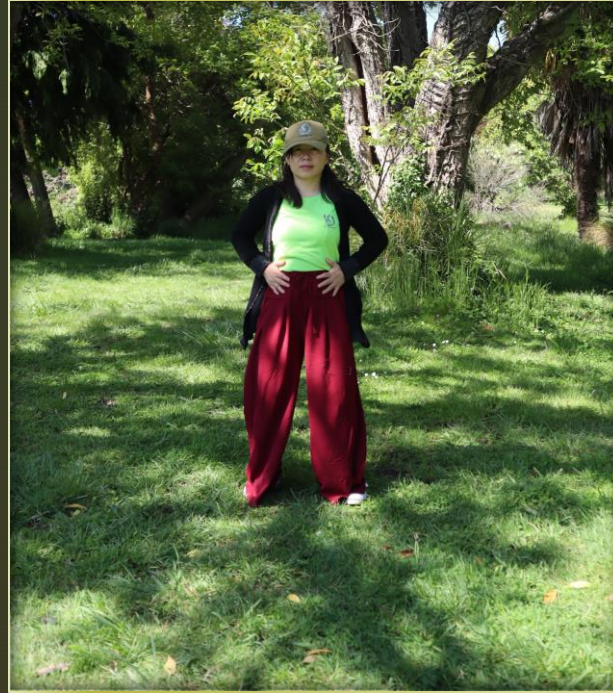
6. Draw both hands back to chest. and repeat from step 2.



REPEAT



# 5. CHUI



From the last push, with your arms extended in front of your chest, flatten your hands. Open both arms to the sides and bring your hands to touch your lower back, fingers pointing downward.

# TRANSITION

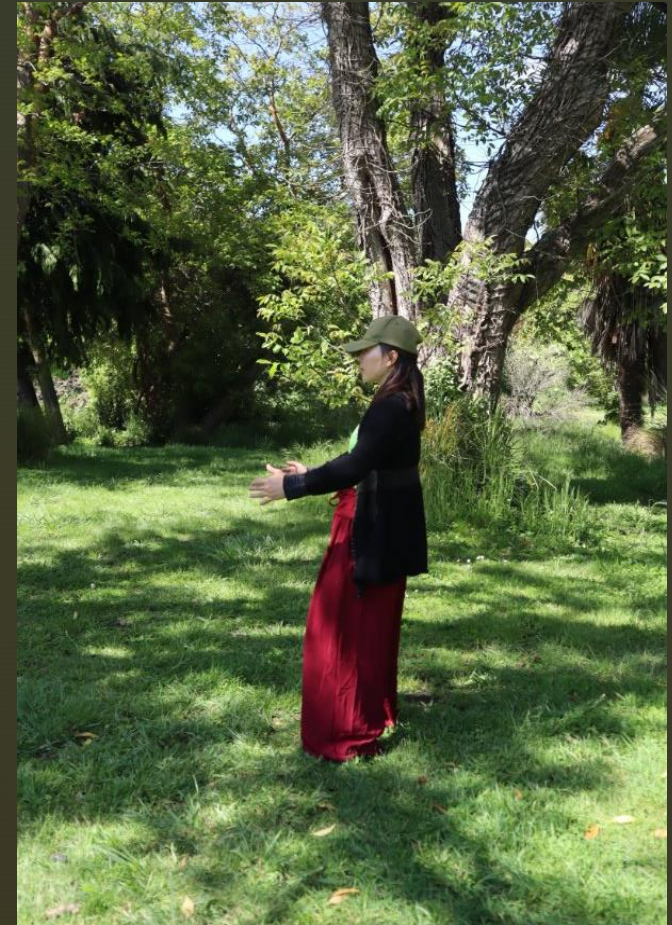


1. Exhale as you rub your back downward and to the sides, gently bending your knees.



2. When your hands reach the sides of your hips, extend both hands forward, facing your tummy, as if holding a ball.





Side View



# REPEAT



Bring both hands to your tummy, positioning your navel at the center. Rub your waist along the belt meridian until both hands return to lower back. Repeat.

6. XI



# TRANSITION



From holding the ball position, bring both hands toward your tummy, rotating them so they are back to back and touching each other, with fingers pointing downward.



1. Raise your hands to the front of your chest, then open your arms to the sides of your body, pointing them upward. Slightly look up to feel a sense of openness.



2. Bring your arms back to chest centre, palms facing downward.



3. Exhale and make the sound “xi/see” while pushing both hands downward through the central line



REPEAT



# Thank you !

- Demo by: Jingjing He  
October 2024  
Christchurch, New Zealand

## OUR VALUE



### COMMUNITY

We cherish the strength of community. We believe that through shared practice and mutual support, we can grow, heal, and thrive together.



### EMPOWERMENT

We are committed to guiding you on a healing journey, but ultimately, the best healer and teacher is yourself. Only you have the power to change your life.



### WELLBEING

We embrace a holistic approach encompassing physical, mental, environmental and energetic dimensions to nurture your vitality and overall health.

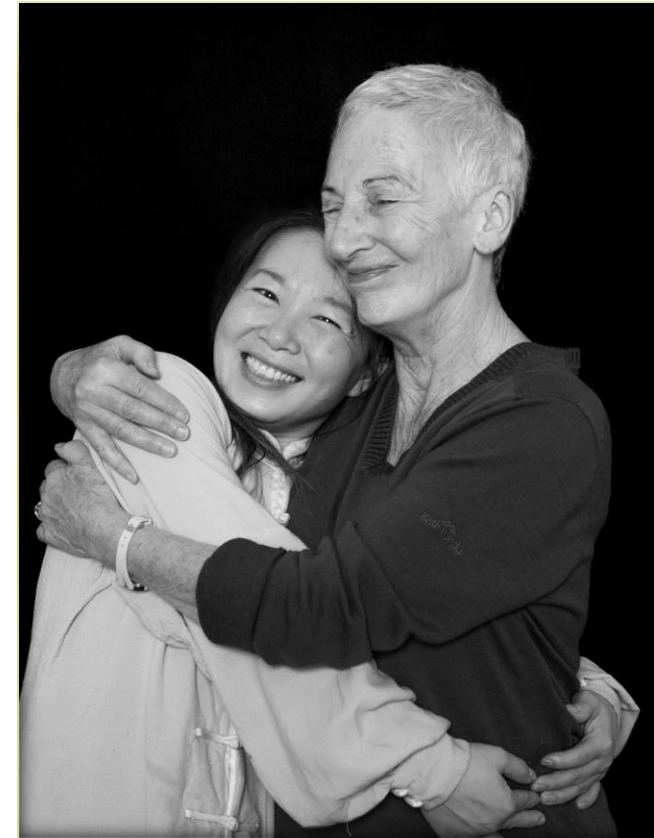
# Our Mission

Our mission is to encourage proactive self-care and regular bodywork as the best treatment. At The Healing Hut, we believe in investing in prevention rather than cure, empowering individuals to take charge of their well-being and enjoy a healthier, happier life.



# Our Vision

WE ASPIRE TO ENHANCE THE  
HEALTH AND HAPPINESS OF  
1,000,000,000 PEOPLE  
WORLDWIDE.



# What We Offer

At The Healing Hut, we offer a nourishing space and time where you can relax, rest and restore healing connections within yourself and with the world around you. Our services include group and private consultation, tutorial, classes, and workshops in selfhealing practices such as Tai Chi, Qi Gong, and Meditation.







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