

Fall Prevention | Balance

“Steady as a Mountain: Qigong & Acupressure Fall Prevention”

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Blending acupressure, movement, and meditation.

- **Affirmation say three times: “My movements flow like water.”**

Warm up: “Rolling the Ball of Qi”

To awaken the spine, posture, and awareness of the body while seated.

- Sit feet flat on the floor, knees at hip width.
- Gently rock side to side, then forward and back — find your balanced center.
- Roll shoulders slowly backward 5 times, then forward 5 times.

Take three slow breaths: inhale long and deep through the nose, exhale slowly and softly through the nose.

- Hold hands in front of your abdomen, palms facing each other as if holding a soft ball.
- Inhale, expand the ball outward slightly; exhale, bring hands closer together.
- Visualize energy pulsing between the palms. Play with the Qi ball.
- Builds awareness, breathing coordination, and energy flow.

“I am supported by the Earth beneath me.”

Encourages trust in stability and deep body awareness.

Three Key Acupressure Points

Inner Gate

Location: Inside of the forearm, about three finger-widths above the wrist crease, between the two tendons.

- **Benefit:** *Calms the mind, improves coordination, and prevents dizziness.*
- **Method:** Gently press with thumb hold and massage for several slow breaths.
- **Affirmation:** *“I move with focus and confidence.”*

Three Yin Intersection

- **Location:** Inside of lower leg, about four finger-widths above the ankle bone. *Strengthens legs, hips, and coordination; balances Yin energy.*
- **Method:** Massage in small circles 20–30 seconds each leg.
- **Affirmation:** *“My center is calm and steady.”*

Leg Three Miles

Purpose: *Builds strength, balance, and stamina; supports digestion and immunity; one of the most famous longevity points in Qigong and Traditional Chinese Medicine.*

Sit Comfortably Sit in a chair with your knees bent at a 90° angle and feet flat on the floor. This helps relax the leg muscles and makes the point easier to find.

Find the Eyes of the Knees just below the kneecap. Move below the bone to the outside of the leg.

It’s in a soft spot where your muscle meets the bones — slightly tender when pressed.

When you press the right spot, you’ll feel a slight dull ache or gentle sensitivity — not sharp pain. If you flex your foot up and down, you may feel the muscle move under your thumb — that’s normal and confirms you’re in the right area.

Use your thumb or knuckle to press in slow circles for **30–60 seconds**.

Breathe deeply — **inhale through the nose, exhale through the mouth.**

- Repeat on both legs.

Why It's Called "Leg Three Miles" According to tradition, stimulating gave weary travelers enough extra energy to walk another three miles!

It's known as the **point of endurance and balance** — *perfect for fall prevention and longevity.*

Affirmation: *"My legs are strong and steady."*

Bubbling Well (KD1)

Here is an extra pressure points for this workshop an important Kidney pressure points for the winter months to support our kidneys.

Found on the **sole of the foot**, about **one-third of the way down from the base of the toes toward the heel**, in the slight depression that forms when you curl your toes.

- If you draw a line from the second and third toes toward the heel, the point is where your finger naturally rests in that soft spot.

How to Stimulate the Point:

Sit comfortably where you can easily reach your feet.

Warm your hands by rubbing them together to awaken Qi energy.

Use your **thumb** or **knuckle** to apply gentle circular pressure on KD1.

Breathe slowly and deeply as you press for **30–60 seconds per foot**.

Repeat **2–3 times daily** or before standing, walking, or exercise.

- *Grounds scattered energy; restores balance and stability.*
 - *Reduces dizziness, anxiety, and fatigue.*
 - *Promotes better sleep and deeper breathing.*
- *Strengthens the connection between mind and body, improving coordination and confidence.*
 - ***"My movements are slow, mindful, and filled with confidence."***
Retrains the nervous system to associate motion with safety and ease.

Three Seated Qigong Exercises

“Rowing on a Peaceful Lake”

- Place hands on knees; inhale and sweep arms forward and up, exhale as arms circle back down.
- Move as though rowing gently through water.
- *Strengthens core, hips, and coordination while staying relaxed.*
- *Repeat 6–8 times.*
- **Affirmation:** “*My movements flow like water.*”

“Lifting the Sky”

- Inhale and raise both hands above the head, palms facing upward.
- Exhale and press down slowly, palms toward thighs.
- Feel length through the spine and grounding through the feet.
- *Repeat 8–10 times.*
- *Enhances posture, spinal mobility, and calm awareness.*

“Each breath connects me to strength and clear focus.”

Centers the mind, steady’s emotions, and synchronizes breath with movement.

“Wave Hands Like Clouds”

Hold the ball elbows up to shoulders turn following the up elbow.

- Gentle side-to-side turning shifting of weight with circular arm movement
- *Encourages coordination, rhythm, and relaxed posture.*
- *Tip:* Keep eyes soft movement continuous and slow.
- **Affirmation:** “*My movements flow like water.*”

Highlights the mental role in maintaining coordination and calm awareness.

Closing Meditation (5 minutes)

“The Mountain and the Breeze”

Sit comfortably or stand rooted.

Close your eyes and feel your feet connect with the earth.

Inhale — imagine drawing energy up from the ground into your belly.

Exhale — release tension down through your feet.

Visualize yourself as a strong mountain — steady, grounded, yet flexible enough to let the wind pass.

Repeat quietly:

“I am balanced. I am supported. I trust my body and the earth beneath me.”

Finish by rubbing the palms, massaging the face, and lightly patting legs and feet to awaken circulation.

“Balance flows gracefully through my body.”

HOPE Diet for Inflammation Free Body!

Homer L. Nottingham-Holistic Qigong Master

“Focusing on four key nutritional tools to help your body thrive naturally and lower inflammation that causes 60-90% of all our illnesses and injuries.”

HOPE—High fiber, Omega-3s, Probiotics, and Enzymes!”

H – **High Fiber** Role of fiber: supports digestion, regulates blood sugar, lowers cholesterol, aids in weight management.

Examples of Fiber-Rich Foods:

- **Fruits:** apples, berries, pears (with skin) **Vegetables:** broccoli, carrots, artichokes **Whole grains:** oats, quinoa, barley **Legumes:** lentils, black beans, chickpeas **Seeds:** chia, flaxseed

O – **Omega-3 Fatty Acids** Benefits: reduces inflammation, supports heart and brain health, improves mood

Sources of Omega-3: Fatty fish: salmon, sardines, mackerel-Flaxseeds, Chia Seeds Walnuts-Algal oil (vegan source)

P – **Probiotics** Role of gut microbiome immunity, mood, and digestion

Probiotic Food Sources: Yogurt (with live cultures)-Kefir-Kimchi, sauerkraut-Miso, tempeh-Kombucha

E – **Enzymes** support energy and reduce digestive discomfort

Enzyme-Rich Foods: -Pineapple (bromelain), papaya (papain)-Raw Honey-Sprouts-Fermented Foods-Raw vegetables and fruits

“I nourish my body with foods that support healing, energy, and peace of mind.”

Protein for Proper Aging

Why protein needs to go up with age.

- *Illness or injury recovery is slower → Protein is your repair material.*
- *Muscle loss speeds up → Your body becomes less efficient at using protein to build muscle.*
- *Appetite often drops → You naturally eat less, so you can easily miss the protein target.*

****Try to get a good protein source at every meal, aiming for 25–35 g each meal.**

“Healthspan Qigong-Longevity with a high-quality life!!”

Eight gentle bows and three belly laughs daily
will support your cardio in staying healthy.

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