



Qigong With
Homer Nottingham

DAILY MOVEMENT | HEALTHSPAN WORKSHOP QUICK REFERENCE

Watch the full workshop on YouTube: https://youtu.be/_PvpqWVTNbE

You don't need an hour every day — just a few minutes to open and activate the body. Use these steps to start building your own daily routine. Use priority movements when you are short on time. Do the full routine when you have more time.

WHAT YOU'LL LEARN

This workshop follows a clear four-part framework you can use every day:

- **Stretch & Open:** Loosen the body, improve mobility, and prepare joints, fascia, and circulation for movement.
- **Strengthen & Activate:** Use gentle isometric engagement (Iron Shirt principles) to build strength, stability, and full-body activation.
- **Clear & Flow:** Apply key pressure points (“7 Masters”) and flowing movements to improve circulation and restore energy flow.
- **Calm & Integrate:** Finish with breathwork, healing sounds, and relaxation to support the nervous system and internal balance.

● STRETCH & OPEN

Movement	Purpose	How To Do It	Timing	Priority
Hold the Sky	Full-body opening	Sit or stand tall. Interlace fingers, turn palms up, press slowly overhead. Lengthen spine, keep shoulders relaxed, breathe naturally.	3 reps	★
Twist in the Wind	Spine + low back	From upright posture, rotate gently from the waist side to side. Let arms follow naturally, keep movement loose and easy.	3 each side	★

Touch Heaven & Earth	Nerve + spine	One hand reaches up as the other presses down. Move slowly and switch sides, feeling a stretch through the whole body.	6–8 each side	
Neck Turns (Look Back)	Neck + brain flow	Sit tall. Turn head slowly to look over shoulder. Let eyes follow the movement. Return to center and switch sides.	3 each side	★
Neck Circles	Joint hydration	Drop ear toward shoulder and slowly roll head in a full circle. Keep it smooth and gentle. Reverse direction.	3 each way	
Jaw Release + Eyes	Tension release	Look upward, slowly open mouth, then look down as you close it. Move gently, noticing any tightness in jaw or ears.	3 cycles	

● STRENGTHEN & ACTIVATE

Movement	Purpose	How To Do It	Timing	Priority
Grip (Isometric)	Strength + brain	Make a strong claw with hands. Squeeze fists, arms, and upper back together. Hold firmly, then release slowly.	10 sec + 10 reps	★
Core Pull In	Deep core	Sit tall. Pull belly button inward toward spine without collapsing chest. Hold steady, breathing lightly.	10 sec holds	★
Core Push Out	Lower core	From upright posture, gently push abdomen outward and engage muscles. Keep control, don't strain.	10 sec + pulses	
Glute Squeeze	Hip stability	Tighten glutes firmly while staying upright. Feel hips engage without tensing the rest of the body.	10 sec + pulses	
Knee & Quad Squeeze	Knee strength	Tighten thighs and knees together. Feel muscles above knees engage and lift slightly.	10 sec + pulses	
Calf Squeeze	Circulation	Press through feet and tighten calves. Feel the lower legs engage and lift energy upward.	10 sec + pulses	

Toe Raises / Foot Flex	Balance	Lift toes or press into the floor firmly. Keep heels light and feel activation through the feet.	10 sec + pulses	
Pelvic Floor (Kegel)	Core support	Gently lift pelvic floor muscles as if stopping urination. Keep it subtle and controlled.	10 sec + pulses	
Tongue Press	Breath + sleep	Press tongue to roof of mouth. Feel throat engage slightly. Hold, then relax.	10 sec + pulses	

● CLEAR & FLOW

Movement	Purpose	How To Do It	Timing	Priority
Lung Pressure Point	Breathing	Use fingers to press into the soft spot near collarbone/shoulder. Apply firm pressure and massage small circles.	20–30 sec	★
Heart Pressure Point	Chest release	Press into center of armpit toward the rib. Hold or massage gently, noticing any tenderness.	20–30 sec	
Elbow Pressure Point	Immune support	Press thumb into crease of elbow between bones. Hold steady pressure or massage slowly.	20–30 sec	★
Chest / Sternum Point	Heart center	Press into center of chest on the sternum. Massage gently in small circles.	20–30 sec	
Lymph Tapping	Immune flow	Lightly tap armpits, elbows, groin, and behind knees. Keep rhythm steady and relaxed.	9 taps each	★
Cross-Crawl	Coordination	Lift opposite arm and leg together. Turn head to follow the raised hand. Move slowly and steadily.	~1 min	
Part the Clouds	Chest opening	Raise arms outward and up, then lower slowly with breath. Feel chest expand and soften.	3 cycles	

Big Arm Circles	Circulation	Make large slow circles with arms. Inhale as arms rise, exhale as they lower.	3 each way	
Twist w/ Elbow	Organ massage	Hold one elbow up, rotate torso to follow it. Move slowly, switching sides in a smooth rhythm.	4–6 each side	
Rainbow Dance	Full-body release	Sweep one arm overhead like painting the sky. Turn head to follow the hand. Alternate sides fluidly.	~1 min	★
Eagle Spreads Wings	Integration	Hands start at chest, then open wide and lift. Expand through chest and arms, then return softly.	3 reps	★

● CALM & INTEGRATE

Movement	Purpose	How To Do It	Timing	Priority
Breathing Prep	Settle system	Sit comfortably. Inhale slowly through nose, exhale softly. Let shoulders and face relax.	2–3 min	★
Guided Meditation	Full reset	Focus on breath and body. Visualize energy spreading through body. Repeat calming phrases silently.	~5 min	
Final Affirmations	Integration	Sit quietly and repeat phrases like “strong, calm, balanced.” Let the body fully relax.	2–3 min	

“When the body is open and circulation is moving, the systems begin to regulate themselves.”

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