

The background of the image is a lush, natural scene. A large, leafy tree with a thick, gnarled branch dominates the upper half. A bright, golden light, likely from a low sun, filters through the leaves, creating a warm, hazy atmosphere. In the foreground, a field of tall green grass is interspersed with small yellow wildflowers. A delicate spider web is visible in the middle ground, catching some of the light. The overall mood is peaceful and rejuvenating.

# **5-Days Qigong Energy Reset Plan**

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# **Welcome to Your Qigong Energy Reset Journey**

CONGRATULATIONS ON TAKING THIS STEP TO RESTORE BALANCE, VITALITY, AND CLARITY IN YOUR LIFE THROUGH THE ANCIENT PRACTICE OF QIGONG. THIS 5-DAY PLAN IS DESIGNED TO HELP YOU RECONNECT WITH YOUR BODY, MIND, AND ENERGY FLOW THROUGH SIMPLE AND EFFECTIVE EXERCISES. WHETHER YOU'RE NEW TO QIGONG OR AN EXPERIENCED PRACTITIONER, THIS PLAN WILL PROVIDE A STRUCTURED APPROACH TO REFRESH YOUR ENERGY AND BUILD A SENSE OF INNER HARMONY.





# What is Qigong?

QIGONG (PRONOUNCED "CHEE-GONG") IS AN ANCIENT CHINESE PRACTICE THAT COMBINES GENTLE MOVEMENTS, FOCUSED BREATHING, AND MINDFULNESS TO CULTIVATE AND BALANCE YOUR QI (LIFE ENERGY). REGULAR PRACTICE CAN:

- REDUCE STRESS AND PROMOTE RELAXATION.
- ENHANCE PHYSICAL STRENGTH AND FLEXIBILITY.
- BOOST MENTAL CLARITY AND FOCUS.
- SUPPORT OVERALL HEALTH AND WELL-BEING.





# How to Use This Plan

- DEDICATE 20-30 MINUTES DAILY FOR THE EXERCISES.
- WEAR COMFORTABLE CLOTHING AND FIND A QUIET SPACE.
- APPROACH EACH SESSION WITH A CALM AND OPEN MINDSET.
- FOLLOW THE INSTRUCTIONS AND ADAPT THE MOVEMENTS TO YOUR COMFORT LEVEL.





# Daily Plan Overview

## DAY 1: AWAKENING ENERGY FLOW

**FOCUS:** BEGIN TO OPEN ENERGY PATHWAYS  
AND RELEASE TENSION.

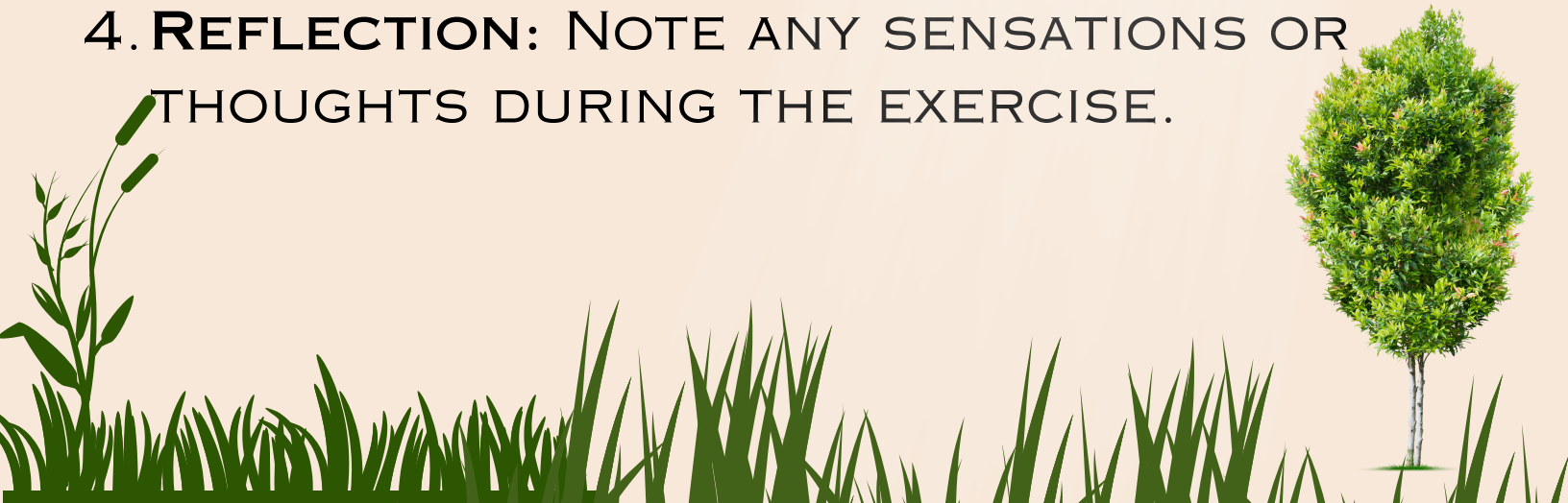
1. **WARM-UP:** GENTLE STRETCHES (5 MINUTES)
2. **EXERCISE: "WAKING THE QI"**
  - STAND WITH FEET SHOULDER-WIDTH APART.
  - INHALE DEEPLY, RAISING YOUR ARMS ABOVE YOUR HEAD.
  - EXHALE AND SLOWLY LOWER YOUR ARMS, IMAGINING ENERGY FLOWING THROUGH YOU.
  - REPEAT 6 TIMES.
3. **BREATHING PRACTICE:** DIAPHRAGMATIC BREATHING (3 MINUTES)
  - PLACE HANDS ON YOUR BELLY. BREATHE DEEPLY, EXPANDING YOUR ABDOMEN WITH EACH INHALE AND CONTRACTING WITH EACH EXHALE.
4. **REFLECTION:** WRITE DOWN HOW YOU FEEL AFTER YOUR FIRST SESSION.



## DAY 2: BUILDING INNER STRENGTH

**FOCUS:** STRENGTHEN YOUR CORE ENERGY AND STABILITY.

1. **WARM-UP:** NECK AND SHOULDER ROLLS (3 MINUTES)
2. **EXERCISE:** "STANDING LIKE A TREE"
  - STAND IN A RELAXED POSTURE, FEET SHOULDER-WIDTH APART.
  - SLIGHTLY BEND YOUR KNEES AND HOLD YOUR ARMS AS IF EMBRACING A TREE.
  - FOCUS ON YOUR BREATH AND HOLD FOR 5 MINUTES.
3. **VISUALIZATION:** IMAGINE ROOTS GROWING FROM YOUR FEET INTO THE EARTH, GROUNDING YOU DEEPLY.
4. **REFLECTION:** NOTE ANY SENSATIONS OR THOUGHTS DURING THE EXERCISE.





## DAY 3: CULTIVATING CALM AND CLARITY

**FOCUS:** DEVELOP MENTAL CLARITY AND EMOTIONAL BALANCE.

1. **WARM-UP: GENTLE TORSO TWISTS (5 MINUTES)**
2. **EXERCISE: "CLOUD HANDS"**
  - STAND WITH FEET SHOULDER-WIDTH APART.
  - MOVE YOUR HANDS IN A WAVE-LIKE MOTION, SHIFTING YOUR WEIGHT FROM ONE FOOT TO THE OTHER.
  - REPEAT FOR 5 MINUTES, FOCUSING ON SMOOTH AND FLUID MOVEMENTS.
3. **BREATHING PRACTICE: 4-7-8 BREATHING (4 MINUTES)**
  - INHALE FOR 4 COUNTS, HOLD FOR 7 COUNTS, EXHALE FOR 8 COUNTS.
1. **REFLECTION: WRITE DOWN ONE POSITIVE FEELING YOU EXPERIENCED TODAY.**








## DAY 4: ENERGIZING THE WHOLE BODY

**FOCUS:** RECHARGE AND INVIGORATE YOUR ENERGY.

1. **WARM-UP:** LIGHT BOUNCING ON YOUR FEET (3 MINUTES)
  2.       **EXERCISE: "SPINAL WAVE"**
    - STAND UPRIGHT, THEN GENTLY WAVE YOUR SPINE STARTING FROM THE TAILBONE TO THE HEAD.
    - REPEAT THE MOVEMENT FOR 5 MINUTES, FOCUSING ON FLUIDITY.
  3.       **VISUALIZATION:** IMAGINE GOLDEN LIGHT FLOWING THROUGH YOUR BODY WITH EACH WAVE.
  4.       **REFLECTION:** RECORD HOW ENERGIZED OR REFRESHED YOU FEEL AFTER THE SESSION.
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## DAY 5: INTEGRATING AND HARMONIZING

**FOCUS:** COMBINE PRACTICES FOR A BALANCED AND HARMONIOUS ENERGY FLOW.

1. **WARM-UP:** DEEP BREATHING WITH ARM MOVEMENTS (5 MINUTES)
2. **EXERCISE:** "THE CLOSING SEQUENCE"
  - PERFORM A SERIES OF FLOWING MOVEMENTS THAT COMBINE ALL PREVIOUS EXERCISES.
  - END BY PLACING YOUR HANDS ON YOUR LOWER ABDOMEN, IMAGINING YOUR QI GATHERING AND STABILIZING.
3. **MEDITATION:** SIT QUIETLY FOR 5 MINUTES, FOCUSING ON YOUR BREATH AND THE SENSATIONS IN YOUR BODY.
4. **REFLECTION:** REFLECT ON YOUR PROGRESS AND SET AN INTENTION TO CONTINUE YOUR QIGONG PRACTICE.

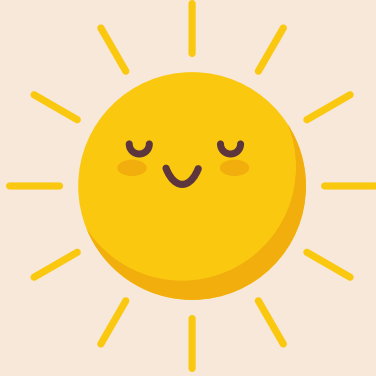




# Tips for Success

- **BE CONSISTENT: EVEN 10 MINUTES A DAY CAN MAKE A DIFFERENCE.**
- **LISTEN TO YOUR BODY: MODIFY EXERCISES AS NEEDED.**
- **STAY HYDRATED AND MAINTAIN A BALANCED DIET TO SUPPORT YOUR ENERGY FLOW.**
- **CELEBRATE SMALL VICTORIES AND ENJOY THE JOURNEY.**





# Next Steps

**CONGRATULATIONS ON COMPLETING  
THE 5-DAY QIGONG ENERGY RESET  
PLAN! HERE ARE SOME WAYS TO  
DEEPEN YOUR PRACTICE:**

- EXPLORE ADVANCED QIGONG EXERCISES OR ATTEND A CLASS.
- SCHEDULE A ONE-ON-ONE SESSION WITH ME FOR PERSONALIZED GUIDANCE.
- JOIN MY ONLINE COMMUNITY TO CONNECT WITH OTHERS ON THEIR QIGONG JOURNEY.

REMEMBER, QIGONG IS A LIFELONG PRACTICE THAT EVOLVES WITH YOU. EMBRACE THE FLOW OF ENERGY AND LET IT GUIDE YOU TO GREATER HEALTH AND HARMONY.





*I am Sylvia Antaress, a dedicated Qigong practitioner passionate about helping others harness the power of Qi for a balanced and fulfilling life. Connect with me at [sylviaantaress.com](http://sylviaantaress.com) to share your experience or learn more about my offerings.*

*Thank you for embarking on this journey with me. May your Qigong practice bring you peace, vitality, and joy!*

