Joint lubrication exercise

Description

Good morning, Dear Ones.

For the past several years I have been studying Tai Chi with Viola Brumbaugh, a gifted practitioner of martial arts. She offers weekly classes for Seniors and introduces every Tai Chi session with a Qi Gong joint lubrication. It is with deep humility that I offer my best version of this warm-up. Know that I am a beginner, an amateur, a practitioner of the lowest level. I offer this to you because so many of you worry about mobility, falling, being unsteady on your feet, having challenges with shoulders, wrists, hips, and knees. So here is my version of the classic Qi Gong. Enjoy. Here it is.

Be Well, Do Well, and Keep moving! Betsy



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