

# QI GONG CIRCULATION

LAMA LODRO

DAY 1 : May 2

1. STRETCHING
2. 20 CHAKRAS : Diagram 1
3. MERIDIAN PATTING : Diagrams 3 to 8
4. SMOOTH QI/CHI FRONT : Diagram 9
5. SMOOTH QI/CHI BACK : Diagram 9
6. EXPANDING & CONTRACTING
7. SMALL CIRCLE BREATHING : Diagram 10
8. LARGE CIRCLE BREATHING : Diagram 11
9. IMPORTANT : FINISH with MASSAGE

# QI GONG CIRCULATION

LAMA LODRO

DAY 2 : May 9

1. STRETCHING
2. 20 CHAKRAS : *Diagram 1*
3. MERIDIAN PATTING : *Diagrams 3 to 8*
4. SMOOTH QI/CHI FRONT : *Diagram 9*
5. SMOOTH QI/CHI BACK : *Diagram 9*
6. EXPANDING & CONTRACTING
7. SMALL CIRCLE BREATHING : *Diagram 10*
8. LARGE CIRCLE BREATHING : *Diagram 11*
9. NAVEL to MINGMEN : *Diagram 12*
10. NAVEL to DORSAL GATE : *Diagram 13*
11. NAVEL to JADE PILLOW : *Diagram 14*
12. MASSAGE
13. ENERGY BALANCING MEDITATION:  
PALMS of HANDS OVER THE  
TRANSFORMATION CHAKRA

# QI GONG CIRCULATION

LAMA LODRO

DAY 3 : May 16

1. PATTING
2. SMOOTH QI/CHI FRONT : *Diagram 9*
3. SMOOTH QI/CHI BACK : *Diagram 9*
4. EXPANDING & CONTRACTING
5. SMALL CIRCLE BREATHING : *Diagram 10*
6. LARGE CIRCLE BREATHING : *Diagram 11*
7. NAVEL to MINGMEN : *Diagram 12*
8. NAVEL to DORSAL GATE : *Diagram 13*
9. NAVEL to JADE PILLOW : *Diagram 14*
10. MICROCOSMIC CIRCULATION : *Diagram 9*
11. MASSAGE
12. ENERGY BALANCING MEDITATION:  
PALMS of HANDS OVER THE  
TRANSFORMATION CHAKRA

# QI GONG CIRCULATION

LAMA LODRO

DAY 4 : May 23

1. PATTING
2. SMOOTH QI/CHI FRONT : *Diagram 9*
3. SMOOTH QI/CHI BACK : *Diagram 9*
4. NAVEL to MINGMEN : *Diagram 12*
5. NAVEL to DORSAL GATE : *Diagram 13*
6. NAVEL to JADE PILLOW : *Diagram 14*
7. MICROCOSMIC CIRCULATION : *Diagram 15*
8. MACROCOSMIC CIRCULATION : *Diagram 16*
9. MASSAGE
10. SPIRAL
11. ENERGY BALANCING MEDITATION:  
PALMS of HANDS OVER THE  
TRANSFORMATION CHAKRA
12. FIX PROBLEMS