

Level One Qi Activation

Pregnancy Precautions

Spring Forest Qigong is for everyone, including women who are pregnant. And there are **certain movements that are NOT recommended** during this special time:

1. Bouncing.
2. Heel Drops from Harvesting of the Chi.
3. Reverse Breathing because you are working with the lower dantian energy which may disturb the baby.
4. Holding arms up overhead in a stretched-out position.

Note: These techniques won't hurt the baby but may not be helpful for the peace of the baby.

This handout was created by Wisdom Dances as a helpful resource for students. The content above does not necessarily reflect or represent the teachings or policies held by Spring Forest Qigong.

