

# QiGong for Golfers

- 1 -Breathe to your lower diaphragm deep-smooth –effortless
- 2 -Ground your body-Open the crown
- 3 -Open each joint in your body
- 4 -Bounce
- 5 -Swing your arms from your belly (lower dantien)

**To build strength do standing Meditation (15-25 min)**

## **QiGong Golf:**

- 1 -Stand behind the ball-see the ball's flight path from start to finish
- 2 -Address the ball -set (ground) the club behind the ball-.position yourself relative to the lie of the club
- 3 -See the ball's flight path from this angle from start to finish
- 4 -Focus on the ball
- 5 -Exhale as you ground your body to the center of the earth
- 6 - Inhale smoothly as you raise your club back to a  $\frac{3}{4}$  back-swing (begin the back-swing lifting from the club head)
- 7 -Pause at the top of your  $\frac{3}{4}$  back swing
- 8 -Smoothly exhale at the same time begin your down swing.....  
Good Golfing

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