WEI-QI

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N° of pax 1-30

indoors

bodywork

15-30 mins

PURPOSE

PHYSICAL BOUNDARIES AND BODY AWARENESS

- Invigorates blood circulation
- Supports the immune system
- Energizes the whole body

MATERIALS

none

PREPARATION

- A clean, indoor or outdoor environment with good circulation of air.
- The facilitator advises the participants to cover the skin of arms, shoulders, neck, head, chest, ribs, below pelvis, legs and feet during the body work activity.
- Important to participants if they feel dizzy they should sit or lie resting, drink some water and when possible, rejoin the exercise.

INTRO

Wei Qi known as (Defensive Qi) in Chinese Medicine circulates just under the skin and acts as a protective boundary of Qi, energy, supporting the body's immune system.

STEPS

1. To stimulate the Wei Qi, the facilitator invites the participants to find a comfortable position standing with enough space around to freely move their arms, check that their feet are shoulder width apart, the weight of their body evenly distributed between the front and back, inside and outside of the feet and that they give a balanced attention between both softening down and being suspended from above which will allow a natural alignment in the body.
2. Then shake, stretch or soften a little, so you feel comfortable standing and release any unresolved tensions by taking a few deep breaths. Take a few deep breaths in and out of the belly area, making sure the joints of the lower body, ankles, knees and hips are soft. Then, bring your palms together and rub your hands until the palms feel warm.
3. Begin to rub your skin fast and lightly on one hand following the contours of one arm, then repeat on the other side and gradually keep working vigorously on the whole body and every surface of the skin. For the back, you do it in exchange with a partner or rub it against a wall, the floor, or even a tree.
4. After that, come back to your initial standing position and, if it's comfortable close your eyes and notice how you feel
5. Gather in a circle to share in "popcorn style" (random order) and then reflect on the experience of the activity



REFLECTION

- What did you notice about yourself at the beginning and end of the exercise?
- How do you think this activity can contribute for resilience?

COMMENTS

- This activity acts as a form of healthy resilience for the whole body, supporting the immune system which can be depleted during times of stress or burnout.
- In western terms, by doing this one stimulates all the small blood capillaries bringing heat and circulation to the surface of the body.
  The exercise can be used to get going at the beginning of a day or after a break or to shift the dynamic in groups.