Qigong morning routine

a timed 10-minute plan

This qigong morning routine takes about 10 minutes: shake out, loosen the neck and shoulders, swing the arms, hold up the sky, breathe with the arms, then finish in stillness. Short on time? Use a 5-minute or 2-minute version.

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The person in these photos does not exist. The images were made with AI. Why?

Before you start. Move slowly and only as far as feels comfortable. Stop if you feel pain, dizziness or shortness of breath. If you have a medical condition, have had surgery, are pregnant or are unsure, ask your doctor first. This page does not replace medical advice or instruction from a qualified teacher.

What does a 10-minute morning routine look like?

This routine is an adaptation: we put it together, mostly from Learn Qigong's published routine, and it has no traditional lineage. Find a level floor with room to reach out to each side. The times are a guide, so you can leave your phone in the other room.



1 Shake out, 2 minutes

Stand with feet hip-width apart, knees soft and arms loose. For about 90 seconds, bounce lightly from the knees with your feet on the floor and let your arms and shoulders jiggle, breathing freely. Then stand still.



2 Neck and shoulders, 2 minutes

Look slowly over your right shoulder, then your left, 5 times each way. Roll your shoulders back 5 times, then forward 5 times. Keep your breath calm.



3 Swing the arms, 1 minute

Plant your feet and let your arms hang. Turn at the waist from side to side so your arms swing and tap your body, with your head following. Do about 10 slow swings each way, without jerking.

4 Hold up the sky, 2 minutes

Breathe in as your arms sweep out and up, then lace your fingers and press your palms toward the ceiling. Breathe out, unlace your fingers and let your arms float down. Do this 6 times with your heels on the floor.



5 Breathe with the arms, 2 minutes

Hold your arms at belly height, palms up. Breathe in as they rise to chest or shoulder height, then breathe out as they sink with palms turned down and knees softening. Do this 8 times, letting your breath set the pace.



6 Finish in stillness, 1 minute

Rest one palm over the other just below your navel. Take 6 slow breaths into your belly. Lower your hands and pause.

What is a 5-minute qigong morning routine?

- **5 minutes:** Step 1 for one minute, step 5 for three minutes, step 6 for one minute.
- **2 minutes:** Step 5 for one minute, step 6 for one minute.
- **Seated:** Bounce your heels and shake out your arms, then do steps 2, 3, 5 and 6 in a sturdy chair. For a full chair routine, see qigong for seniors.
- **Longer:** Add the Eight Brocades before step 6.
- **Shoulders:** If your shoulders are sore, bring your arms up more in front of you in step 4.

New to all of this? The beginner routine goes through the basics more slowly.

Is it better to practice qigong in the morning or evening?

Qigong for Vitality says morning, afternoon, evening and bedtime are all fine. The morning has one practical edge: you can attach the routine to something you already do, like brushing your teeth or making your first coffee. Whichever you pick, keep the same time each day.

Should you eat first?

White Tiger Qigong advises against practicing on a completely empty stomach or right after a big meal. If you feel lightheaded or dizzy, stop and rest.

How long should you do qigong a day?

NCCIH gives no general daily amount. Ten minutes is a common morning starting point, and White Tiger Qigong favors a little every day over a lot once in a while. If you miss a day, start again the next morning.

What will a morning routine do for you?

Many people use it as a calm way to get moving. For what studies actually report, read qigong benefits. If you are choosing between practices, see qigong vs tai chi.

Can you follow a morning routine on video?

Try 3 Best Qi Gong Exercises for the Morning from Holden QiGong, or the Shaolin Qigong 15 Minute Daily Routine from Qigong Meditation. Each one teaches its own sequence. The qigong YouTube channels compared lists more.

What next?

- **Follow along:** 3 Best Qi Gong Exercises for the Morning from Holden QiGong.
- **Longer form:** the Eight Brocades, eight movements in a set order.
- **What studies report:** qigong benefits.