



RELAXATION STATION

ENERGIZING AROMATHERAPY + QIGONG MINI FLOW

Benefits: Awaken energy, uplift mood, and reset focus with breath, scent, and movement.

Essential Oil: Citrus paradise (Grapefruit) seed oil, Mentha piperita (Peppermint) oil, Cymbopogon martini (Palmarosa) oil, Zingiber officinale (Ginger) root oil.

Step 1: Aroma & Breath Activation

Aromatic Breathing:

- Rub oil into your palms and cup hands near nose.
- Take 3 deep breaths:
- Inhale 4 seconds -Hold 2 seconds -Exhale 6 seconds
- Silently say: *"I inhale clarity. I exhale fatigue."*

Step 2: 3 Energizing Qigong Movements

1. Lift the Sky

Purpose: Open spine and chest, wake up Qi flow. Repeat 7 times.

How:

- Inhale: Slowly raise arms overhead, palms up - Exhale: Turn palms down and lower arms down the front.

2. Knocking on the Gates of Life

Purpose: Stimulate spine and kidneys, awaken internal organs. Imagine shaking off tiredness.

How:

- Gently twist side to side and let arms swing naturally and tap lower back and belly
- Knees slightly bent and breathe naturally. Continue for 1 min.

3. Breathing of the Universe (Repeat 7 times)

Purpose: Regulate breath and energy, center your mind. Feel energy moving through you with breath.

How:

- Inhale: Arms sweep out and up (gathering energy) - Exhale: Palms float down in front of body (pouring energy in)

Step 3: Close & Ground

- Place hands over your lower belly. One on top of the other. Take 3 relaxed breaths and silently say: *"Energy within me is clear, calm, and alive."*