



## 5-Animal Qigong

### Module 1 Homeplay

# Embody the Energy of the Tiger

### Deepening Practices

Explore and practice the Tiger Qigong form this week and journal the effect on your body, mind and spirit before and after practice. If you experienced too much yang fire in the liver, were you able to calm yourself down by gentling the movements, drinking water, or releasing tension through your exhale?

How do you envision using this practice to help balance your energy when you are tense, stressed or irritated? Conversely, how might you use this form to combat fatigue and exhaustion?

Enjoy learning the Tiger form!