

Arms Swinging Exercise

20 participants aged 22-70 practiced the ASE for 10mn / evening for 7 days.

Summary of results

The average note given to the ASE in terms of usefulness was 4,1/5.

90% of participants declared they were likely or very likely to practice again.

85% of participants declared they were likely or very likely to recommend to a friend.

No participant experienced any difficulty following the instructions.

Reported benefits: Typical reported benefits included relaxation, reduction or disappearance of pain, improved sleep, improved breathing, feeling calmer and more aware.

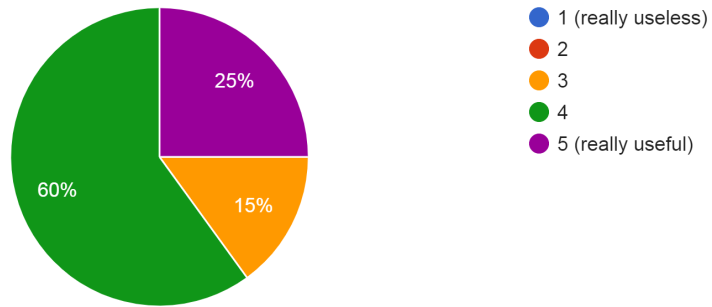
No adverse effect was reported.

Details of results

Overall experience

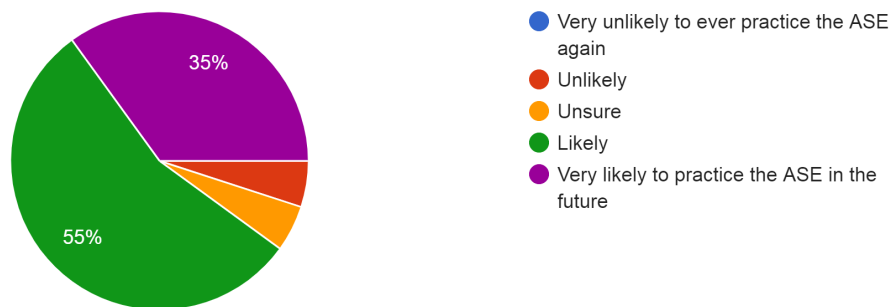
How would you rate the ASE on a scale from 1 to 5?

20 responses



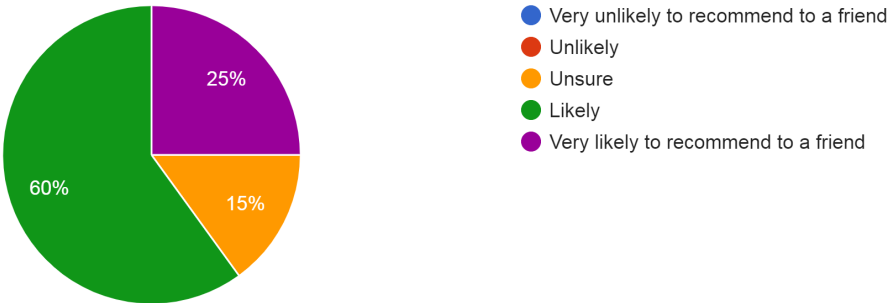
How likely are you to ever practice the ASE again in the future?

20 responses



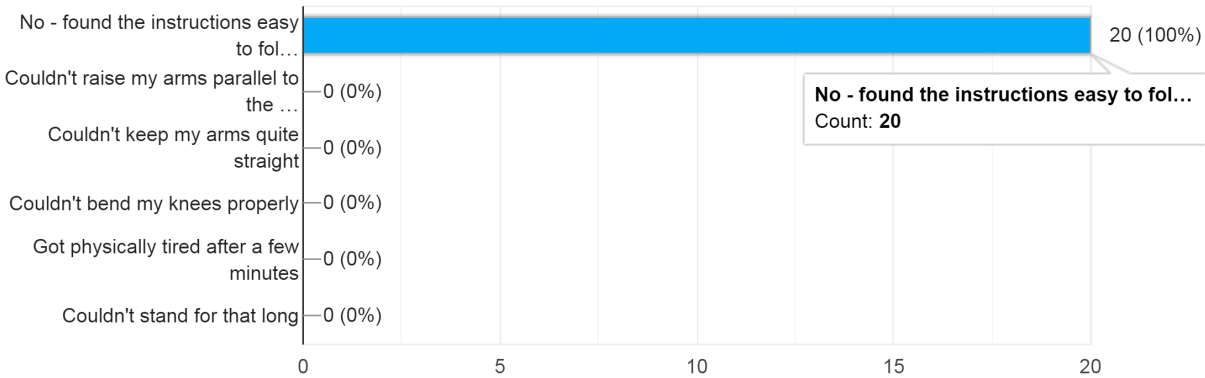
How likely are you to recommend the ASE to a friend?

20 responses



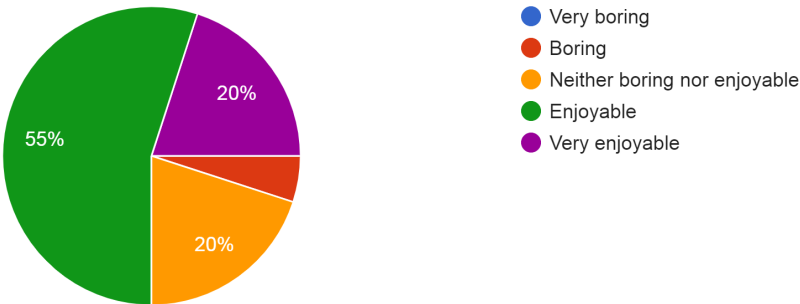
Did you experience any physical impediment in following the ASE instructions?

20 responses



How enjoyable was the ASE for you?

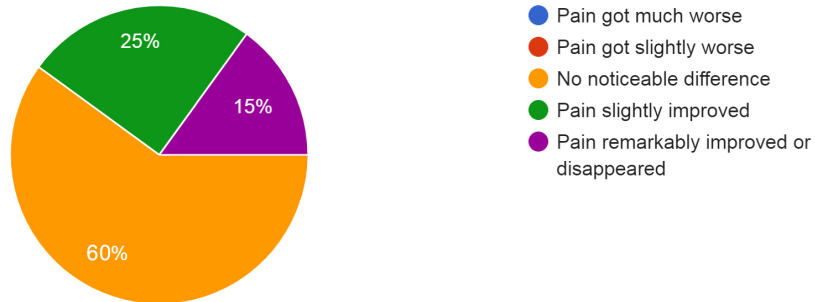
20 responses



Effects on pain

Did you notice any difference in pain levels, before and after the ASE?

20 responses



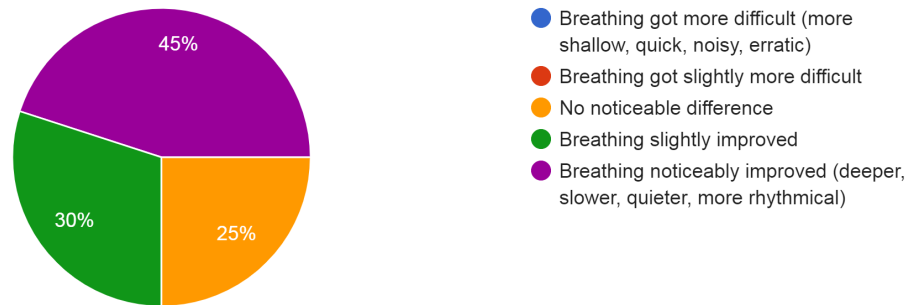
If you noticed a difference, please explain:	How long did these effects persist, on average?
- I felt a bit more loose and relaxed.	Difficult to say. I was aware of my more relaxed state for maybe a few minutes after the exercise.
- Feel some tension from work relaxed, mainly in shoulders	The light tensions disappeared
- I don't usually have much pain, so the most noticeable for me was one evening when I had a kind of fluttery, unsettled feeling in my upper abdomen and chest. This feeling continued through sitting and walking meditation, but the ASE seemed to soothe it and it disappeared	That feeling in my abdomen and chest didn't return
- Overall less tension in my body, particularly in my shoulders. The ASE also allowed energy to flow more freely in my body, allowing it to circulate.	30-45 minutes
- Tension in shoulders was relieved	Continuous

<ul style="list-style-type: none"> - Ankle and feet pain disappeared, remarkable relief from chronic shoulders pain, hips more relaxed 	<p>Hard to say - I guess I would need to keep on practicing the ASE</p>
<ul style="list-style-type: none"> - It depends , some tensions disappear, other appear because of chi circulation (Old tensions stored between the shoulder blades i guess which were released in the arm) 	
<ul style="list-style-type: none"> - trapezius, shoulders, and arms much lighter and relaxed 	<p>until bed</p>

Effects on breathing quality

Did you notice any difference in breathing quality, before and after the ASE?

20 responses



How long did these effects persist, on average? (if unsure, please leave blank)

- Continued improvement, which I'm very happy about. I breathe deeper into my lungs. Breathing quality is still better, even after skipping a day of ASE. Not sure how long this will last
- Overnight

Effects on physical health

Did you notice any difference in physical health, such as in energy levels, digestion, sleep quality? If so, please explain.	How long did these effects persist, on average?
<ul style="list-style-type: none"> - Some good calm that helps sleep well 	
<ul style="list-style-type: none"> - very sound sleep. not waking up in the night anymore. slight but very noticeable improvement in energy levels. one day after having bread (I'm gluten intolerant) I felt very bloated. I even measured my belly circumference, and next morning after ASE I noticed the bloating and belly circumference decreased much faster than usual. I measured my heart rate before and after the ASE and found no difference on average. 	
<ul style="list-style-type: none"> - Yes, I think so. I tended to sleep a little better; or if I did wake up in the middle of the night, I felt a little more peaceful and balanced. Digestion of dinner in particular was quite smooth this week; I didn't notice it much. I sensed my energy levels were a bit more smooth and stable through the week of practicing ASE. I'm less sure of that, so that's something I want to keep paying attention to 	<p>Whatever time I woke up (middle of night or morning), I seemed to feel a little better</p>
<ul style="list-style-type: none"> - The flow of energy in my body improved in a way that I felt more balanced and lighter, more at ease and calm, which helped me especially at nights where without using the ASE I would have had a harder time falling asleep. 	
<ul style="list-style-type: none"> - More relaxation on my shoulders 	
<ul style="list-style-type: none"> - The first evening I felt a clear sensation of release and space in my arms and hands which was very enjoyable. I haven't felt this on the following nights. 	
<ul style="list-style-type: none"> - more relaxed 	
<ul style="list-style-type: none"> - Slept more soundly, and energy higher 	<p>After every evening sit I had better sleep</p>

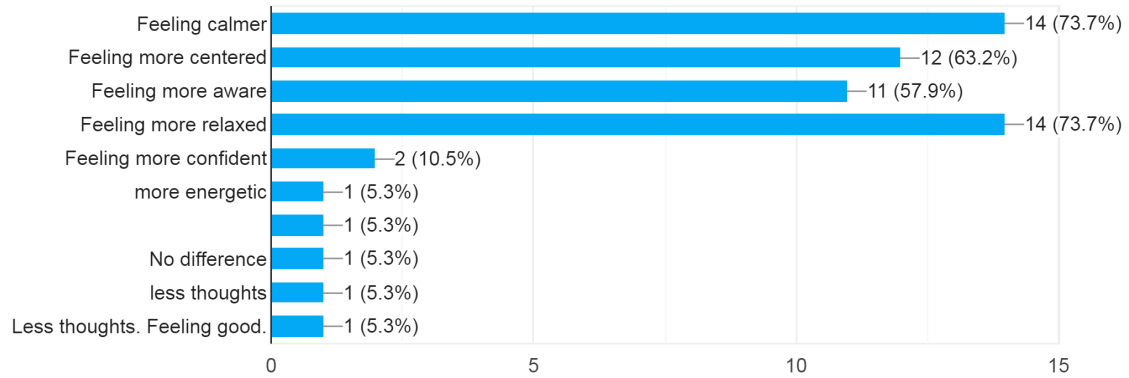
- I fasted for 3 days this week and could continue the exercise. It is light and easy to perform. Helped me decrease tensions and sleep better.	
- Better energy flow in my arms and chest.	5 minutes
- overall energy flow, less tension in upper body, better sleep	45 minutes
- I fall asleep more easily, with less thoughts and less shoulder pain. No more cold hands and feet due to improved circulation. ASE gives me energy, doesn't tire me at all. I'm not sure if it's linked to the ASE but I have felt less need for food this week.	
- I fall asleep more easily, with less thoughts and less shoulder pain. No more cold hands and feet due to improved circulation. ASE gives me energy, doesn't tire me at all. I'm not sure if it's linked to the ASE but I have felt less need for food this week.	Improved circulation in hands and feet: a few hours.
- I seem to sleep better at night	All night
- nothing clearly noticed-I already sleep very well and have a quite good digestion thanks to intermittent fasting. About energy level, difficult to answer because I have been dealing with quite strong emotions this week which took me quite a lot of energy I feel but overall I maintained my usual energy level.	
- After doing ASE in the evenings, I felt my energy calmer and I was more ready to get to sleep.	I noticed that for the few hours which follow ASE.
- sometimes I could feel the flow of energy through the arms, the hips would relax and the whole body would be more connected	since we did in the evening it went on for like 30 min and then I wasn't mindful of it because i thought of going to rest

<ul style="list-style-type: none"> - I felt more concentrated and focussed on certain evenings and more relaxed and ready to sleep on others. These right the immediate effects, long term effects are difficult to assess 	30mn
<ul style="list-style-type: none"> - relaxed, came back to my body, my feet well anchored to the ground 	

Effects on emotional and mental wellbeing

Did you notice any difference in emotional or mental wellbeing, before and after the ASE?

19 responses



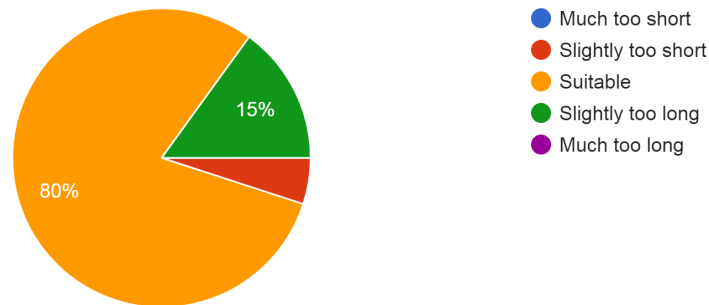
How long did these effects persist, on average? (if unsure, please leave blank)

- Until I fall asleep
- 3-4 hours
- At least until I fall asleep
- until sleep most of the time
- I noticed that for the few hours which followed
- 30 min
- it depends on what I did following the ASE, but usually until bedtime

Additional feedback

Did you find the 10-minute sessions ...

20 responses



Please suggest an ideal length

- 10 minutes felt good as a typical amount. In the future, if it's late and I'm tired some day I will probably shorten it to 5
- 8 minutes for me was the best length - 10 minutes was still very enjoyable though!
- Maybe two daily 10mn sessions or or one longer session
- 10 or 15 minutes are the best for me (as a daily practice)
- 15mn

Thank you for answering this questionnaire. Before submitting it, please feel free to share any extra comment, feedback, or suggestion

- I enjoyed the time of day we did the exercise — after evening sitting, the exercise helped ease me into going to bed. Very nice. Thank you!
- I really enjoy do it together, it is an easy movement that everyone can do and just enjoy the togetherness
- I found the exercise boring and hard to stick with because of my previous relationship with exercising, but I do see clear benefits to it and found the 10mn doable. It's a great exercise but also a complementary exercise. I found even more powerful effects when practiced after sitting meditation. Eating and meditation habits do affect the results, so even though effects were noticeable I realize that well-being is multifactorial. I can't tell you how happy I am that you showed us this exercise.
- Overall, I felt the exercise offered a lot of benefit for the time invested. It's simple and easy to incorporate into my daily routine ,and the restorative benefits are something I value.Thanks for your care about this, and your initiative to invite all of us to explore this with you. I think people appreciate having a simple way to build balance and well-being in their bodies, especially during this period of time.

- Thank you for offering these exercises! I haven't been as diligent as I would have liked to be, but I will definitely continue practicing (and increasingly more diligently).
- This was a nice relaxing evening routine. I will try to keep on practicing it but without fixing any time.

C'est une chouette routine relaxante avant de dormir. J'essaierai de garder cette routine avant de dormir mais sans la contrainte du temps. C'était sympa aussi de voir beaucoup de monde le faire après la méditation du soir. Merci de m'avoir proposé cette exercice, je connais pas grand chose dans le domaine de la santé physique, j'ai pas entièrement compris jusqu'à quel point c'est bon pour corps, mais ça me relaxe avant de dormir alors merci de m'avoir partagé cet exercice :)

- I was very pleasantly surprised by this exercise. I didn't expect it to feel that good because of its extreme simplicity.
- exercise can be used as a nice cool down after workouts
- Practicing this exercise made it easier for me to move/exercise more during the week. I enjoyed our group sessions.
- I like the ASE! I'll keep on doing it by myself, but I really enjoyed our group sessions.
- I am used to focusing my awareness on sensation in the body and observing the energy flow or so-called Qi and this exercise definitively increases this flow (and/or the ability to be aware of it...) Regarding emotion, I feel that this exercise helped me to make emotions flow. It was not a direct effect just after the session but throughout the days and also during the night as I have been more aware of my dreams. I found myself quite alive this week in touch with gratitude, joy but also sadness and anger. I could also feel more the sensation in the body related to these feelings.
- I started the 7 days ASE just after 2 weeks of quarantine. Out of this quarantine, my daily practice changed (meditation, yoga, farming...) and so I'm not really aware of what the impact of the ASE was, and what the impact of the other practices was.
- I enjoyed the group exercise environment
- For me the key of the practice is to do it in a group. Alone I lose the rhythm or motivation. Until that day every evening there is a group who do it in the méditation hall. I hope it continues like this.