

Dao Yin Qigong Opening and Closing Exercises

Exercise 1. The Relaxed and Quiescent Standing Form



1.1. Explanation

1.1.1. Standing in a single horse stance

- Have the feet a foot pace apart, parallel to the front
- Big toes facing slightly inwards
- Stand on the balls of your feet on the Yong Quan (KD 1) points, have the heels touching the ground but with no weight on them
- Bear no pressure on the waist and the coccyx
- Use mental intention to relax the feet and ankles

1.1.2. Bend the knees slightly

- Stretch the knees in together then out
- Finish with the knees over the toes

- Use mental intention to relax the knee area and knee joints

1.1.3. Relax the hips

- Use mental intention to relax the hip area and hip joints

1.1.4. Tuck the pelvis

- Move the sacrum forward then relax the pelvis and sink the Qi

1.1.5. Lift the anus (perineum or pelvic floor muscles)

- Squeeze the anus muscles together then relax the anus muscles
- With mental intention join Du 1 and Ren 1 together

1.1.6. Stomach contracting

- Pull the low abdomen in (the area just above pubic bone) as you breathe out then relax the stomach muscles and breathe in

1.1.7. Head suspending

- Connect the Head string to the Baihui (Du 20) point

1.1.8. Spinal column stretch

- Align the vertebrae from the coccyx to the base of the skull (like stacking gold coins)
- Let the head string lift and stretch the spine up on an 'in' breath, then on the 'out' breath relax the spine back down again
- Make sure to keep the pelvis tucked when the spine is lowered back down again

1.1.9. Back and chest stretching

- Move your elbows forward and sink the chest inwards and stretch the back, then move the elbows back and stretch and expand the chest

1.1.10. Shoulder stretching

- Move the shoulders forward which opens the scapula, then pull the shoulders back to stretch and open the clavicle area and then relax

1.1.11. Hollow the armpits

- Move the elbows slightly outward to create a gap under the arm pits

1.1.12. Relax the Shoulders

- Use mental intention to relax the shoulders

1.1.13. Relax the elbows

- Use mental intention to relax the elbow

1.1.14. Relax the wrists

- Use mental intention to relax the wrists

1.1.15. Hollow the palms

- Have intention of holding energy in the palms of the hands
- Relax the hands

1.1.16. Tuck the Chin

- Pull the chin back slightly to straighten the neck

1.1.17. Tongue on the roof of the mouth

- Place your tongue on the roof of your mouth, gently
- This connects the two ends of the Du and Ren meridians

1.1.18. Lips slightly touching

- Relax the mouth, jaws and teeth

1.1.19. Eyes gazing the the front

- Relax the eyes
- Look but don't look at anything in particular

1.1.20. Re-confirm being suspended from the Head String

- Have intention that the head is being suspended from the Baihui (DU 20) point

1.2. Function

1.2.1. Align the body's energetic meridians and pathways

1.2.2. Free courses vital energy through the meridians

1.2.3 Connects the body to Heaven and Earth