

Dao Yin Exercises Before starting the exercises, take a few moments to calm the mind.



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Wash the Face with palms **9x**.

Massage the nose: Use the side of the thumbs to massage downward from the center of the eyebrows and down along both sides of the nose **9x**.

Massage acupoint LI-20 **next to nostril**

Massage acupoint BL2 **inner edge of eyebrow**

Wipe the eyebrow.

Warm the hands and **cover the eyes**, with eyes open.

Comb the hair 9x.

Beat The Sky Drum: with you hands covering your ears, **flick your forefinger** off of your middle finger to "drum" gently on the **base of the skull**.

Massage the **ears**.

Rub the **neck** & massage **occiput** and **base of neck**.

Chomp the **teeth**, Tongue around teeth both directions **9x**. Swallow Saliva **3x**.

Massage the **throat 9x**.

Rub the **chest 9x**.

Massage the left and right **ribs 9x**.

With both hands **stroke upward from the lower ribs** to the **solar plexus**. Then with the hands touching, stroke down the midline of the body to the **pubic bone**. Repeat **9x**.

Massage below the **navel** (one hand on top of the other) in a small circle **36x** clockwise and then **36x** counterclockwise. Make **wider circles 36x** as per below.

- If you suffer from constipation, massage only in a clockwise direction.
- If your stools tend to be loose massage only counterclockwise.

Massage the **sacrum** and the **tailbone** with the fingertips **9x**.

Put the palms on the back and stroke upward from the **sacrum to the kidneys**. Repeat **18x**. Place **hands on kidneys** and warm.

Rub the **knees** with the palms, circling outward **9x** and inward **9x**.

Warm bottom of foot. With thumbs massage the KI-1 (Yong Quan) on **sole of each foot 81x**.

Massage the six meridians of the **arms 12x**: Brush **from the chest to the fingertips** along the three yin meridians and from the fingertips to the shoulder along the three yang meridians.

Stand. Massage the **six meridians of the legs 12x**: Stroke up the inside of the legs on the yin meridians and down the outside of the legs on the yang meridians.

Relax and breathe and stand quietly for a minute.



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THE DAO YIN Exercises date back to at least the Han Dynasty (202BC to 220 AD). Dao Yin means literally “leading/guiding.” The purpose of these exercises is to regulate the Qi by rubbing the meridians or by packing Qi into specific areas of the body. The Dao Yin Exercises are usually performed every day, first thing in the morning while lying or sitting in bed. The number of repetitions is based on Chinese numerology, in which nine or multiples of nine are believed to be Yang numbers, associated with the heavenly influences that help to dispel earthly accumulations and imbalances. The numbers are merely guidelines for starting out. Later you can do the number of repetitions that feels right for you.

Preparation: Before starting the exercises, take a few moments to calm the mind. Sit or lie comfortably and breathe slowly, letting the lower abdomen expand with the inhalation. If thoughts come to the mind observe them and let them pass on.