

4. Dao Yin Qigong Opening and Closing Exercises

Exercise 2. The Three Deep Exhaling and Inhaling Form



2.1. Explanation

- 2.1.1. Stand in single horse stance
- 2.1.2. Hands on the Dantain
 - Place your hands on top of each other on the lower abdominal area, 3 finger spacing below the navel/ umbilicus
 - For males, left hand on the abdomen, right hand on top
 - For females, right hand on the abdomen left on top
- 2.1.3. Exhaling though the mouth, bend your knees and lower yourself down, keeping your back straight and your sacrum tucked under, try to avoid leaning forward
- 2.1.4. Inhaling though the nose while in the lowered position, then hold your breath

- 2.1.5. Rise back up holding your breath
- 2.1.6. Then breathe out on the way down again and repeat the same as before
- 2.1.7. Repeat three times

2.2. Function

- 2.2.1. Opens the lungs and removes stale and perverse Lung Qi
- 2.2.2. Moves vital energy to the Dantian