

## **Shi Ba Shi Taiji Qigong**

(Modified exercises from this system)

### **Exercise 18. Nature's fragrance drifts up from the stream**



#### **18.1. Explanation**

- 18.1.1. Start standing quietly in the quiescent standing form posture, with your feet shoulder width apart and parallel to the front. Have both arms straight hanging down and relaxed, with your hands in front of your hips and the palms facing down.
- 18.1.2. Turn the palms up with the fingers pointing towards each other.
- 18.1.3. Let the palms float up in front of the center body (Ren mai vessel) up to the chin.
- 18.1.4. Turn the palms downwards and press them back down towards the lower abdomen (Dantian).
- 18.1.5. The breathing for this exercise is - breathe in as you raise your arms and breathe out as you lower your arms.
- 18.1.6. Repeat the movement for 5 minutes.

## **18.2. Functions**

### **18.2.1. TCM Functions**

- 18.2.1.1. In Chinese medicine this movement aids and tonifies the Ren mai and Du mai vessels.
- 18.2.1.2. It rebalances the energy and sinks it back to your Dantian.
- 18.2.1.3. This exercise aids in calming the mind and refreshing the body.