



Daily Practice from Dao-Yin

Begin with some kind of cleansing

Awakening from napping – Lying on your back

As you inhale, bring your hands to your thighs, middle finger on the side of your thigh
Bring your feet together
Lift your head and look at your big toes
Exhale as you relax back down on the floor

Straightening the leg – Lying on your back

Inhale as you bring your left knee toward your chest, right leg extended out on the floor
Interlace your fingers about 2 inches below the left knee
As you exhale, circle your foot 5x one direction and 5x the other
Inhale as you extend your leg; flex your foot
Exhale as you lower your leg
Repeat with the other leg

Butterfly opening its wings – Lying on your back

Inhale as you bring your left knee towards your chest, right leg extended out on the floor
Interlace your fingers about 2 inches below the left knee
Exhale
Inhale as you bring your chin toward your knee
Exhale your head back down 3x
Inhale as you extend your left leg and flex your foot
Exhale as you lower your leg
Repeat with the right leg 3x
Exhale
Inhale as you bring your chin toward your knees 3x
Exhale as you relax back down
Inhale as you extend both legs; flex your feet
Exhale as you lower your legs – if you feel it in your back, bend your knees

Grazing horse raising its head – Lying on your back

Inhale as you draw your left leg back and extend it up

Exhale as you lower it

Repeat with your right leg

Come into a sitting position and massage both lower legs, with your thumbs on the inside of the legs and fingers on the outside of the legs, or run your hands down the outside of the legs (Yang Channels) and up the inside of the legs (Yin Channels). Exhale as you rub toward the toes as you rub toward the knees, use a rocking motion. 9x

Lifting the mountain – Lying on your back

With your arms beside you, bend your knees with your feet flat on the floor
As you inhale, lift your hips up.

As you exhale, roll your vertebrae one at a time all the way down to the tailbone until there is an arch in your back

Owl turning its head – Sitting

Sit with your right leg extended out and your left leg tucked in.

Bring both hands to the outside of your leg just above your right knee

Inhale as you twist to the right and exhale back

Bring both hands just below the knee – inhale and twist and exhale back

Bring both hands toward ankle – inhale and twist and exhale back

Repeat on the other side

Bamboo bending in the wind – Sitting

Sit with your right leg extended out and your left leg tucked in

Put both hands on the tops of your right foot

Exhale as you bring your forehead toward your knee

Inhale as you lift your chest 3x

Repeat on the other side

Stretching the bow – Sitting

Sitting in the cross-legged position,

As you exhale, gather a ball of energy toward your chest

Hook your left hand as though it is pulling a bowstring

With the right knuckle, extend the thumb and index finger like an L, the other fingers bent at the 2nd knuckle.

As you inhale, twist and extend the right arm as the left arm pulls back; like you are shooting behind. Look at the fingernail of the index finger.

Repeat on the other side.

Earth turning slowly – Sitting

Starting with your hands at the base of your spine, follow the spine to the bottom of the rib cage and make 36 circles – warming the kidneys

Turning the pulley to raise the energy – Sitting

Make very slow, big circles with the left shoulder front to back
Inhale as you raise the shoulder
Exhale as you bring the shoulder down
9-36x repeat on the other side

Dragon Dance – Sitting

Bring your palms together and cross your thumbs, starting with hands over the head, make figure 8's or infinity signs back and forth in front of the body. Let the action come from the waist and hips. Be aware of all 3 Dan Tien. Let the neck move freely. You can do this as long as you want.

Strengthening the pillars – Sitting

Sit on the floor with both legs extended out in front.
Bring your right hand on your right knee and place the left hand on top of the right
Gently push down with your hands as you gently resist with your knee
Do 7 pulses, about 1 second apart
Repeat with the left hand on the knee and the right hand on top.
Place one hand on each knee and do 7 pulses
Massage both knees in circles from inside to out, letting the legs move freely. 36x
Then circle the knees outside to in 36x.

Twin flying horses scratch each other – Sitting

Sit with both legs extended out in front, hand on the floor behind you.
With the bottom of the right foot, massage the top of the left foot – 36x
With the bottom of the left foot, massage the top of the right foot – 36x
With the heel of the right foot, massage the bottom of the left – 36x
With the heel of the left, massage the bottom of the right – 36x

Turning the grist wheel

Bring your left hand behind your back. With your right hand, circle your abdomen 36x – up on the right and down on the left. Change hands and go the opposite direction 36x. This is bringing the energy back to the center so don't go too fast.

Immortal warming up the eyes

Rub palms together and cup eyes 3x

Sinus Massage

With the index and middle fingers on each hand, rub up and down alongside the nose 36x

With the tip of the middle finger on the fingernail of the index finger, put the tip of the finger in the indents in the bone at the base of the nose and massage 36 little circles

Immortal doing eye acupressure

With the tip of the middle finger on the fingernail of the index finger, press 3 brow points, holding about 5 seconds each.

1. Inside edge of the eyebrow
2. Middle of the eyebrow
3. Outer corner of the eyebrow

Repeat 3x

Immortal relaxing neck muscles

With the left palm, rub the back of the neck 36x

With the right palm, rub the back of the neck 36x

Immortal sharpening the hearing

With the palms of the hands, rub both ears 36 circles. Press the hands over the ears to create a suction and quickly pull hands away from the ears 3x

Immortal experiencing gentle rainfall

Tap all over the head with the fingertips for about 1 minute

Immortal letting go

Massage the scalp by running your fingers through your hair, going from front to back 9-36x.

End by some kind of gathering of energy.