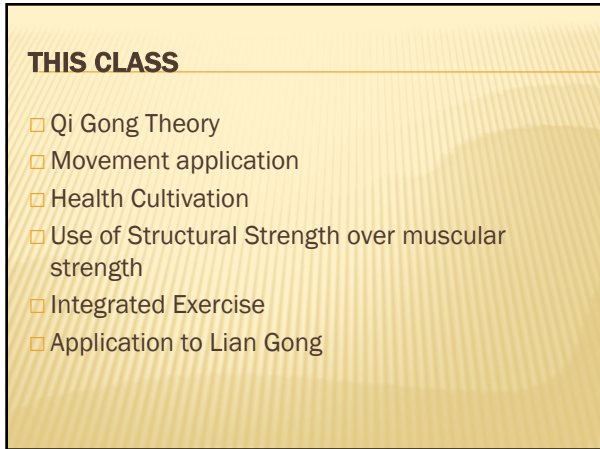
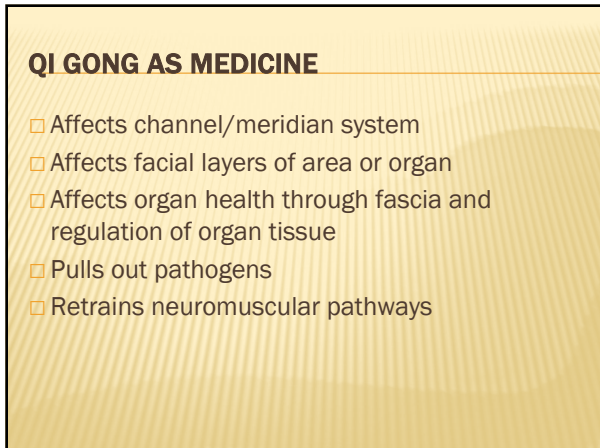


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3

DAO YIN & YANG SHEN

- Yang Shen – nourishing the body
- Dao Yin – leading and guiding
 - Includes
 - × An Mo (Massage)
 - × Tu Na (Breathing Exercises)
 - Dates back before the Huang Di Nei Jing (2,000 + years!)

4

NEI GONG & QI GONG

- Both originally known as Dao Yin
- Qi Gong
 - Popularized in the 1950s by the Chinese government
 - Separated from religion (Taoist/Buddhist)
- Nei Gong
 - Leading the Qi with mind and movement
 - Includes quiescent meditation practices

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WAI DAN & NEI DAN

- Wai Dan (外丹 - Outer Elixir)
 - Outer Alchemy
 - Exercises that transform the body from the outside
- Nei Dan (内丹 - Inner Elixir)
 - Inner Alchemy
 - Exercises that transform the body from the inside
 - Involves transmutation of the three treasures: 精 - jing, 气 - qi, & 神 - shen

6

XING GONG & MING GONG

- Two methods or 'schools' of Daoist cultivation
- ▣ 性功 – Xing Gong
 - Uses quiet, seated meditation to cultivate the mind
- ▣ 命功 – Ming Gong
 - Trains the body through qi cultivation exercises
- These two methods are complementary

7

RESPIRATION

- Kidney Breathing
 - Breathing affects every level of the body either directly (mechanically) or indirectly (through pressure differentials)
- Benefits of breathing:
 - Relieves stress and calms the nervous system
 - Improved energy and focus
 - Relieves soft tissue restrictions
 - Aids peristalsis
 - Improves lung function
 - Regulates and improves circulation
 - Benefits the functioning of internal organs

8

APPROPRIATE TO INDIVIDUAL

- What people like is not always what they need!
- What is appropriate will change with conditions, age, external factors, etc.
- Cultivate a simple practice – less is more

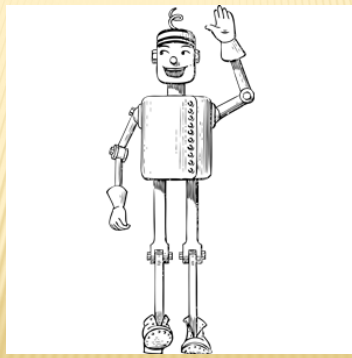
9

DAOIST BODY 內經圖



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MECHANICAL MAN



11

MERIDIANS (JING-LUO)

- Waterways, rivers, irrigation
- ▣ 经 Jing - Warp threads in fabric
- ▣ 络 Luo - Network branches that run off the main tracts
- Pathways are congruent with, intersect and overlap the circulatory system and its network of capillaries

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THE CENTRAL CHANNEL

- Ren, Du, Dai and Chong
 - Collectively referred to as the Central Channel
 - Comprise a central “Pole” or Axis of the body
 - Relate to the spine but not the same as the spine

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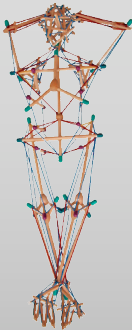
FASCIA

- A body-wide responsive physiological network
- Western medicine is learning that this aspect of the body is far more complex than just “connective tissue”
- Analogous but not the same to Chinese understanding of channel theory.

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TENSEGRITY MODEL

- Structures that maintain integrity by balancing tensile forces through the structure
- Allows maximum strength for the available materials
- Strain is distributed across the entire structure



15

FLUID DYNAMICS

- Embryological movement of interstitial fluid develops **prior** to cardio-vascular circulation
- Fluid bathes the cells, tissues and fascia, carrying nutrients and waste into and out of the cells
- Fascia and connective tissue are filled with fluid
- Fluid moves in wave-like rhythms through the fascia
- Respiration pushes fluid through this matrix in waves or tides

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BASIC ALIGNMENTS

- What is NORMAL?

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BASIC ALIGNMENTS

- Head erect as though suspended by a thread
- Chin tucked slightly
- Tailbone drops like a plum line
- Lift the perineum
- Waist loose
- Back slightly rounded (Bear Back)
- Chest soft so that it is slightly concave (Tigers Embrace)
- Elbows & shoulders dropped
- Tongue on the roof of the mouth
- Kidney Breathing
- Calm, focused mind

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BASIC ALIGNMENTS

- Common Problem Areas and Patterns

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BASIC ALIGNMENTS

Head forward posture

- Pressure on the base of neck
- Compression of thoracic outlet
- Weakening posterior chain
- Protraction/elevation of scapula
- Internal rotation of arms
- Dysfunction of rotator cuff muscles
- Can be misdiagnosed as shoulder or wrist

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BASIC ALIGNMENTS

Core Instability

- Weakening of Transverse abdominus (dan tian)
- Multifidi (stabilizers) can atrophy and weaken
- Weak pelvic floor
- Hyperlordosis
- Shortened hip flexors
- Weak/hypofunctioning glutes

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BASIC ALIGNMENTS

- Weak Root
 - Knees locked out
 - Hyper pronation/weak arches of feet
 - Balance Compromised

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BASIC ALIGNMENTS

- Inhibited Breathing
 - Stress/Psychoemotional
 - Chronic tension in diaphragm
 - Lost tonicity in pelvic floor

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ALIGNMENT – SIX HARMONIES

- The hands harmonize with the feet
- The elbows harmonize with the knees
- The shoulders harmonize with the hips

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THE 3 HARMONIES

- Xin - Yi - Qi - Li
 - The heart (Xin) harmonizes with the intent (Yi)
 - The intent (Yi) harmonizes with the Qi
 - The Qi harmonizes with the power (Li)

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THE THREE HARMS

- Holding the breath or forced breathing
 - Damages the lungs and lung qi
- Labored use of strength, using tension
 - Stagnates qi and blood
- Throwing out the chest & sucking in the abdomen
 - Prevents downward dispersion of lung qi
 - Damages lungs, stagnates qi in upper body

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CENTURY BREATHING

1 breath = 3 seconds inhale, pause, 3 seconds exhale, pause

100 breaths = 10 minutes approximately

Breathe 100 breaths with no thought = 1 day
Practice for 100 consecutive days

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