

20 Yin-Yang Medical QiGong

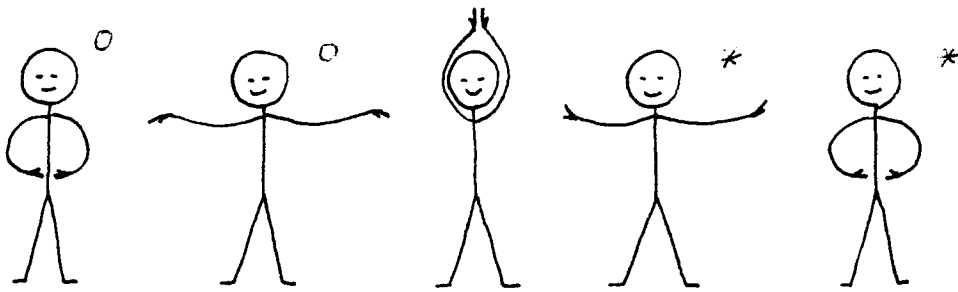
1. Big Roc Stretches its Wings
2. Lotus Flower Emerges From Water
3. Goldfish Wiggles its Tail
4. Make Ripples and Wave in the Water
5. Lions Twirls Ball (two parts)
6. Peacock Fans Tail (two parts)
7. A Pair of Swallows Skimming Upon the Water
8. Figure-Eight Emitting Fragrance
9. Willow Tree Brushes in the Wind
10. Rotate the Universe to the Right
11. Rotate the Universe to the Left
12. Water Cascades Down High Mountains
13. Wind Swirls Lotus Flowers (from inside to outside)
14. Wind Swirls Lotus Flowers (from outside to inside)
15. Embrace Yin-Yang (right hand on top)
16. Embrace Yin-yang (left hand on top)
17. Colored Butterflies Opening its Wings
18. Water-Beads Rolling on Lotus Leaf (right hand on top-clockwise)
19. Water-Beads Rolling on Lotus Leaf (left hand on top-counter clockwise)
20. Qi Sinks to Dantien



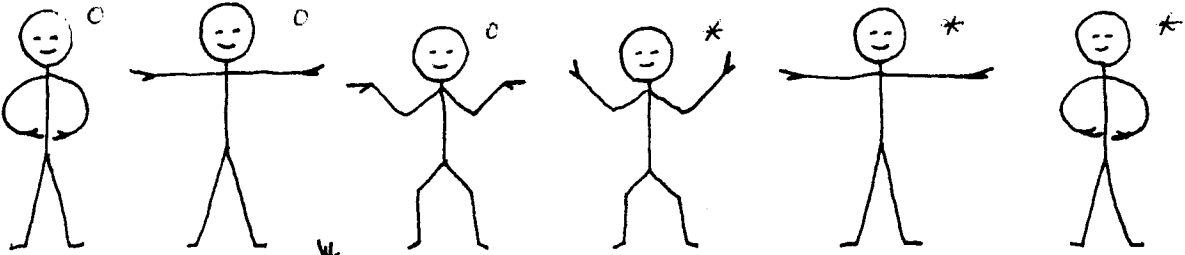
MEDICAL QIGONG

20 YIN-YANG

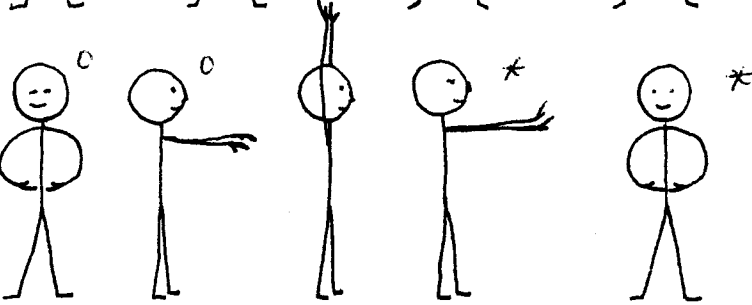
Big Roc
Stretches
Wings



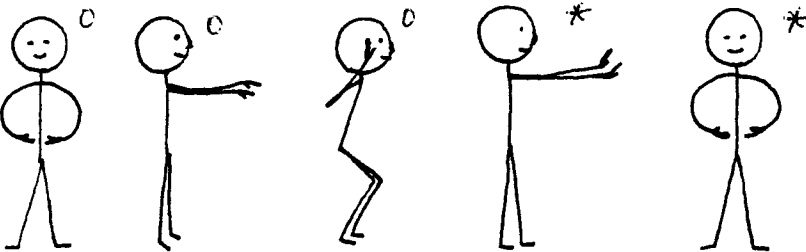
Water Lily
Rising from
the Pond



Goldfish
Wags Tail



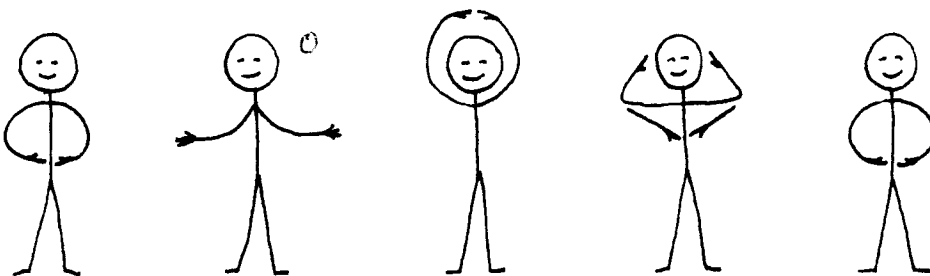
Make Waves
& Ripples
in the
Water



Lion Twirls
Ball -
Part 1



Peacock
Fans Tail
Part 1

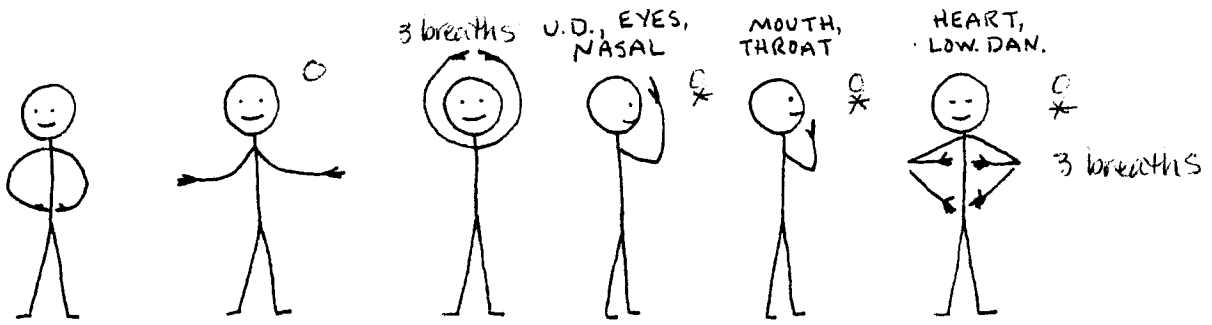


○ INHALE
* EXHALE

MEDICAL QIGONG

20 YIN-YANG (Page 2)

Peacock Fans Tail Part 2



A Pair of Swallows Skim the Water

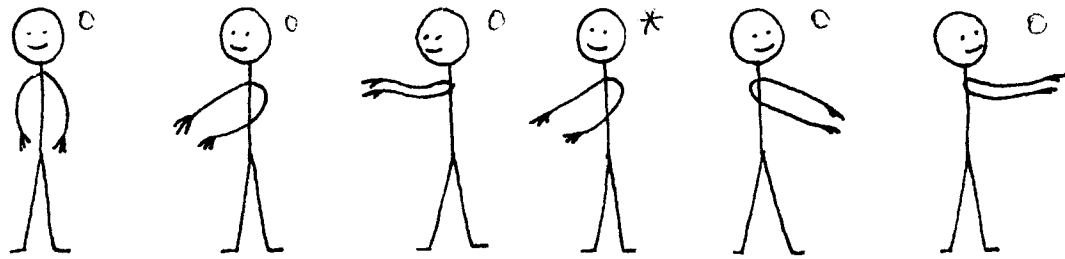
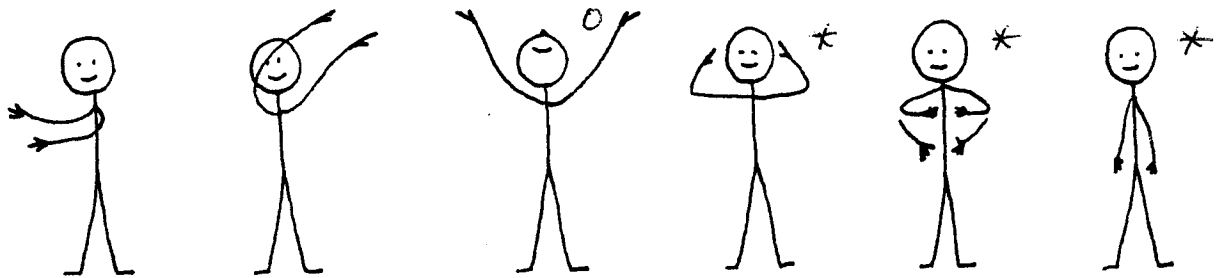


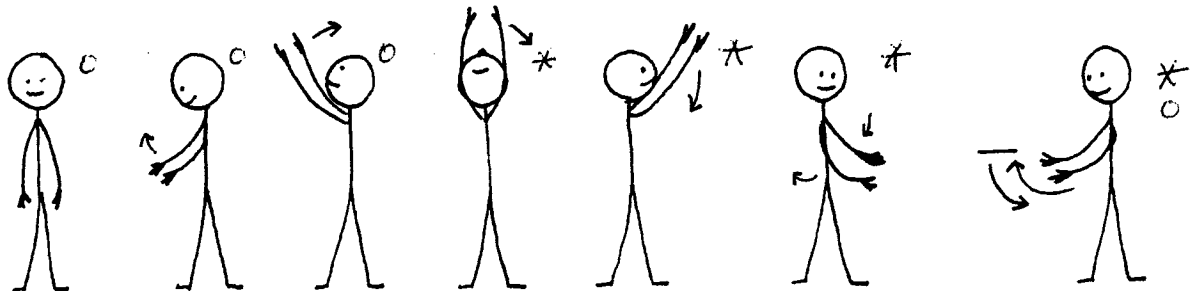
Figure Eight



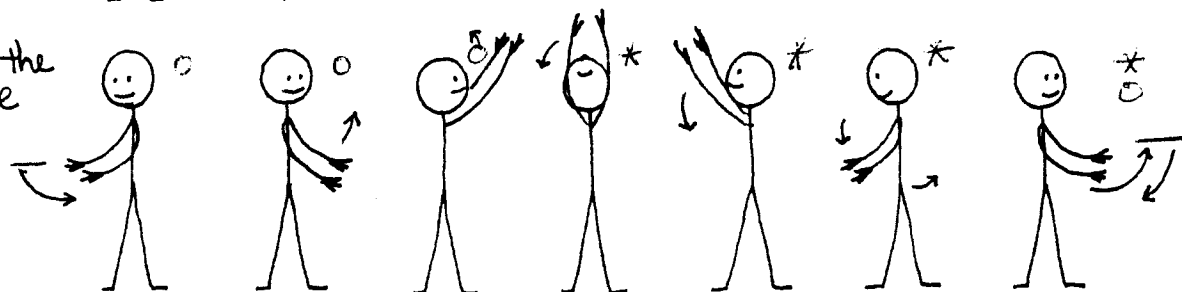
Willow Tree Blowing in the Wind (Free-form!)



Rotate the Universe to the Right



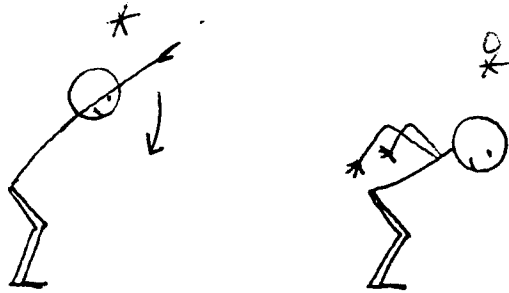
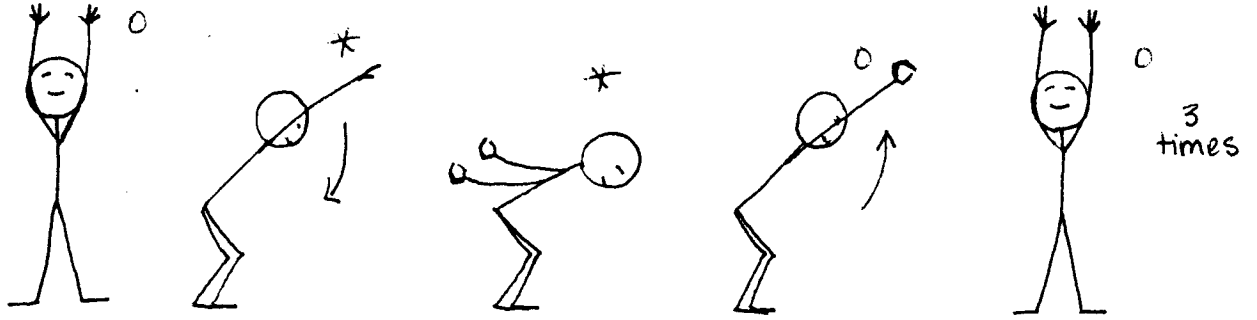
Rotate the Universe to the Left



MEDICAL QIGONG

20 YIN-YANG (Page 3)

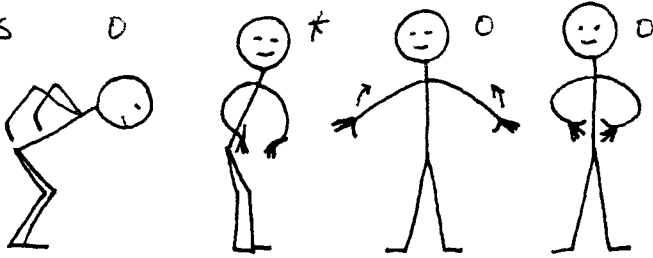
Water
Cascades
Down
mountain



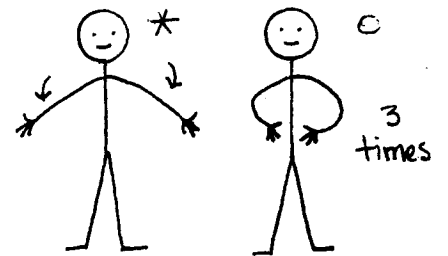
3 Breaths
Balance Kidneys

Wind Swirls
Lotus Flowers

From
inside
to
outside

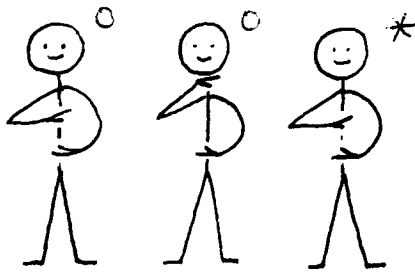


From
outside
to
inside

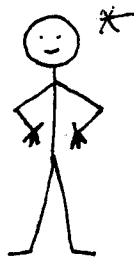


Embrace
Yin-Yang

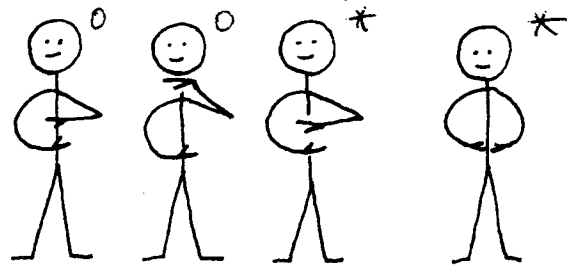
Right
Hand
on Top



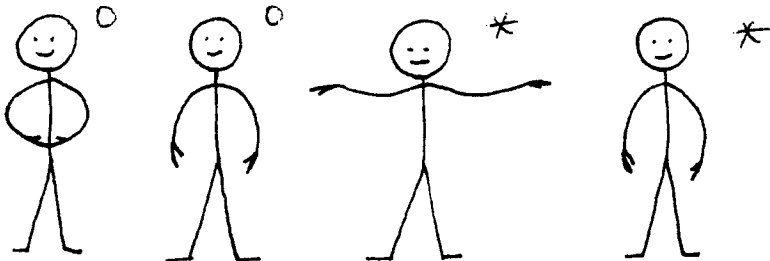
Rotate Hands



Left Hand on Top



Colored
Butterflies
Dance
in Air



○ INHALE
* EXHALE

MEDICAL QIGONG

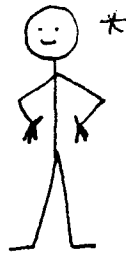
20 YIN-YANG (Page 4)

Water Beads
Rolling on
Lotus
Leaves



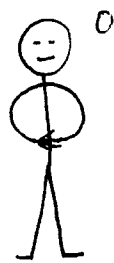
Right Hand
on Top
Rotate 3
times
clockwise

Rotate Hands



Left Hand
on Top
Rotate 3
times
counter-
clockwise

Qi
Sinks
to
Dan Tian

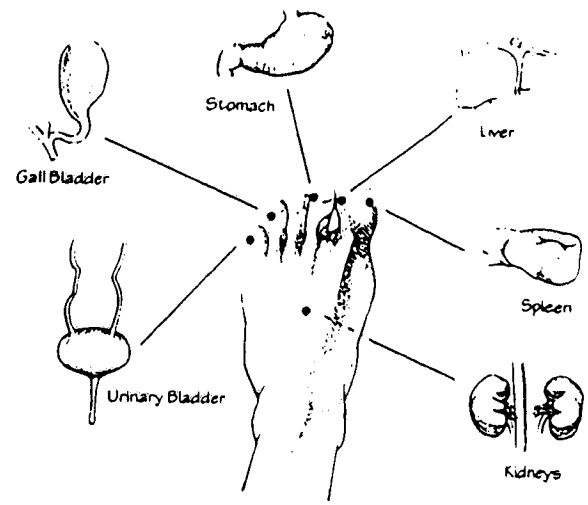
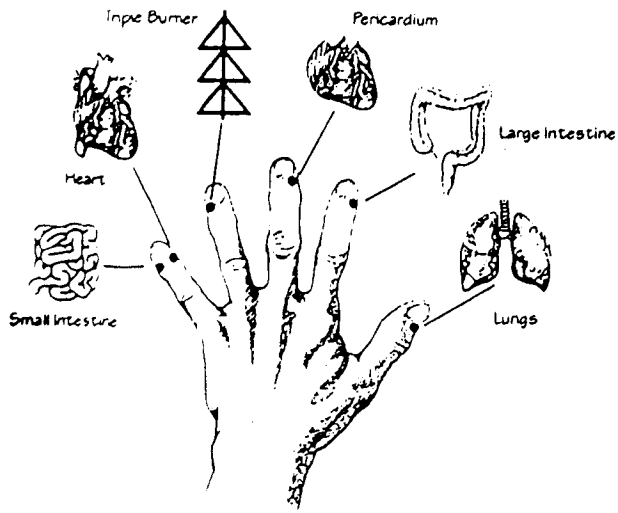


Women-
Left Hand
on Dan Tian
Men-
Right Hand
on Dan Tian
3 Breaths

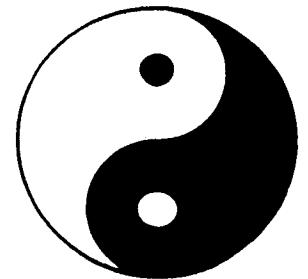
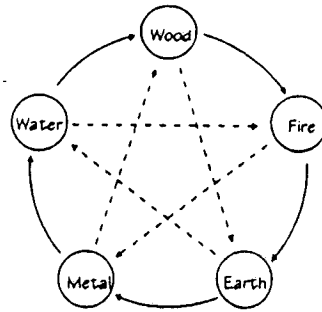


Reverse
Hands
3 Breaths

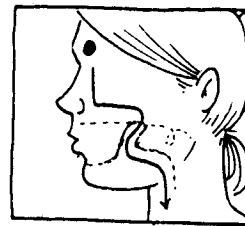
○ INHALE
* EXHALE



FIVE ELEMENTS		WOOD	FIRE	EARTH	METAL	WATER
HUMAN BODY	Emotions	Anger	Joy	Pensiveness	Sorrow	Fear
	Anatomy	Tendons	Blood Vessels	Muscles	Skin & Hair	Bones
	Specific Openings	Eyes	Tongue	Mouth	Nose	Ears
	Bowels	Gall Bladder	Small Intestine	Stomach	Large Intestine	Urinary Bladder
	Viscera	Liver	Heart	Spleen	Lungs	Kidneys
NATURE	Directions	East	South	Center	West	North
	Seasons	Spring	Summer	Late Summer	Autumn	Winter
	Weather	Wind	Hot	Wet	Dry	Cold
	Developments	Production	Growth	Transformation	Harvest	Storage
	Colors	Green	Red	Yellow	White	Black
	Tastes	Sour	Bitter	Sweet	Spicy	Salty
Sounds Relations	XU	KE	HU	SI	CHUI	XI
Organs	Liver	Heart	Spleen	Lungs	Kidneys	Triple Burner



———→ Mutual Nourishment Cycle
 - - - - - Mutual Restraint Cycle



CROWN ENERGY

EXHALE ↓

INHALE ↑

ENERGY TO EARTH GROUND

