

TAO YIN For Lung and Breathing Maintenance

Method

Consider the thoracic lung area in three sections: upper, lower and middle. Lower is the floating ribs level, middle is around the level of the lower sternum, upper is roughly above the nipple area on a man.

Breathing will utilise barrel breathing (expansion of the chest to rear, the sides and the front).

Stand in bear, hands and arms are by the side



1
Raise the hands until they rest on the upper level of the front chest. Do this without any breath.

Breath in to the upper level only.

Hold the breath for 5 seconds. Continue to hold the breath in this section until directed otherwise.

Lower the hands back to the sides without any further breathing.



2

Raise the hands until they rest on the lower level of the front chest. Do this without any breathing.

Breath in to the lower level only.

Hold the breath for 5 seconds. Continue to hold the breath in this section until directed otherwise.

Lower the hands back to the sides without any further breathing.



3

Raise the hands until they rest on the middle level of the front chest. Do this without any breathing.

Breath in to the middle level only.

Hold the breath for 5 seconds. Continue to hold the breath in this section until directed otherwise.

Lower the hands back to the sides without any further breathing.



4

Raise the hands until they rest on the middle level of the front chest. Do this without any breathing. Breath out from the middle level only.

Then continue to keep the hands in position for 5 seconds after this breath out.

Lower the hands back to the sides without any further breathing.

5

Raise the hands until they rest on the lower level of the front chest. Do this without any breathing. Breath out from the lower level only.

Then continue to keep the hands in position for 5 seconds after this breath out.

Lower the hands back to the sides without any further breathing.





6
Raise the hands until they rest on the upper level of the front chest. Do this without any breathing.
Breath out from the upper level only.
Then continue to keep the hands in position for 5 seconds after this breath out.
Lower the hands back to the sides without any further breathing.

End of the Tao Yin set

Breath naturally or continue onto the next set
Number of sets: 10

Notes:

If you have an underlying lung, heart or other health condition please seek medical advice before doing this exercise.

Females and busts: in the middle section the hands come under the line of the breast to be able to lie over the ribs at the designated level.

Between each set it is acceptable to take some natural breaths before continuing to the next sequence.

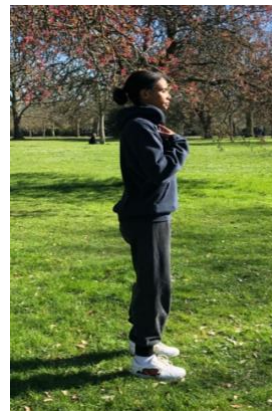
Each section 1 - 6 requires that the area of the lungs in question inflates in all directions without compressing any of the other lung areas. This will be seen by the same effect on the ribs and outer chest. In particular, there will be expansion forwards, to the rear and to the sides. This is by the use of barrel breathing.

The elbows must stay downwards through the entire set, the shoulders remain relaxed at the same time.

The throat area remains open and unconstricted throughout

Maintain an upright correct posture throughout, as trained in T.A.O. Li style.

The weight is spread over the feet correctly.



Breath in through the nose and out through the mouth. The tip of the tongue is lightly against the hard palate.

Benefits:

- The sequences in the set allow all lobes of the lungs to be exercised properly.
- The alveoli (air sacs) and supporting tissues are exercised to help their elasticity.
- The joints and muscles involved in breathing are exercised properly and this helps to correct poor habits and move towards using all the lobes in breathing.
- Chinese medicine would indicate that the lungs are prepared with better and maintained elasticity. Also, that the effect could produce a drying out of excess fluid.
- This would lead to preparedness for colds, flu and corona viruses.
- With maintained correct practice the risk of pneumonia could be reduced.

