



## TAO YIN

**Tao Yin** is translated as Respiration Therapy. These exercises use breath to relax and balance the body systems and thereby promote good function. Each has an evocative title e.g. *The Five Lotus Blossoms*, *Light the Earth's Fire*, *The Serpent Creeps down the Mountain*, which adds a delightful imaginative dimension to the practice.

## Charming the Snake.

Start in Eagle, weight evenly balanced across all 9 points of the feet. Keeping your 10 points of external posture.

### 1 Breath In

Circle your arms up in front of your chest keeping your shoulders down, bring your fingertips together, always opening the joints.



## Charming the Snake.

### 2 Breath Out

Lean over to the right opening the intercostals keeping the shoulder girdle in line. Do not compress the right, imaging rolling over a large ball. Keep the head in line with the spine



## Charming the Snake..

### 3 Breath In

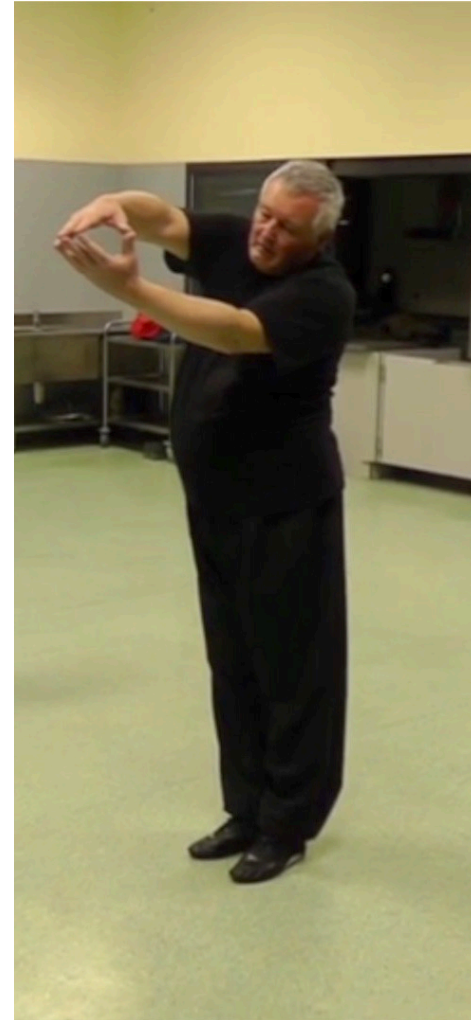
Return to the central position.



## Charming the Snake.

### 4 Breath Out

Lean over to the Left opening the intercostals keeping the shoulder girdle in line. Do not compress the left, imaging rolling over a large ball. Keep the head in line with the spine



Charming the Snake.

5 Breath In

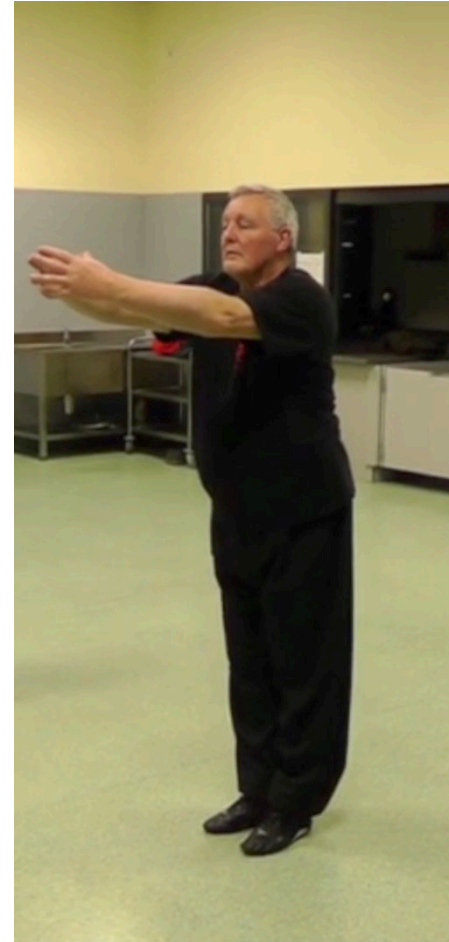
Return to the central position.



## Charming the Snake..

### 6 Breath Out

Open the shoulders, extend through the shoulder line forward into the hands down through to the little finger edge. Extend the head and lift the chin at the end of the extension



Charming the Snake.

## 7 Breath In

Turn the thumbs up and take the head back in an. 'In and Down' Configuration





Charming the Snake.

## 8 Breath Out

- Return to the eagle stance with your hand by your side.



Charming the Snake.

## Benefits

Good for breathing, upper respiratory tract using both sides of the lungs equally, , and lower digestive tract.

Also used for understanding movements in the Tai Chi.