



MOVING OF YIN AND YANG

This exercise is one of the fundamental movements of Spring Forest Qigong. By doing this movement you help yourself to balance and heal all the internal organs, align and heal the spine, an open the heart. This movement activates the healing energy of yin and yang and helps to balance these energies in the body.

This movement is good for:

- Liver and gallbladder
- Hormone issues
- Eye issues (eyesight deteriorating or other eye problems)
- Anger or frustration
- Constipation
- Tendon or ligament issues
- Spine issues
- Stress
- Fingernails



Stand with feet hip width apart, knees slightly bent, shoulders relaxed, gentle smile, and tongue touching the roof of the mouth behind the front teeth.

Place the right hand in front of the heart and the left hand in front of the lower dantian. Fingers are gently spread. Start moving the right hand out and down as the left hand comes in and up. Move the left hand up the body to the face before moving it AWAY from the body, as the right hand moves down to the bottom of the torso moving TOWARDS the body and then upwards. Keep moving in this elliptical manner.

Visualize there is a transparent energy column of light filled with beautiful colours running through the torso. Visualize light is moving up and down this column as you move your hands. Imagine the channels in your torso opening up and healing completely. Feel the energy as you do this movement.

Notice: This information sheet and all Spring Forest Qigong and Energy in Motion teaching and learning materials are intended for your education of healthful practices. This information sheet and other learning materials are not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Any application of the information contained in our learning materials is at the student's discretion and sole responsibility.

This material is copyright Spring Forest Qigong © 2018 and Sue Crites Holistic Healing and Qigong © 2018 and is not to be reproduced or redistributed.