

CHINESE YOGA WITH HEALING CHI

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1-YIN YANG IN ONE

- Step in with right foot so that both feet are together (heaven stance).
- Gather chi from the left side with left hand. Bring the left hand down the center line of the body to the dantien, palm facing body. Right hand makes a fist at the elbow.
- Repeat on the right side, gathering chi from the right side while left hand stays on the dantien.

2-GATHERING CHI FROM THE FOUR DIRECTIONS

- Step out with the left foot so that feet are shoulder width apart (earth stance). Arms rise like wings of a bird at the sides, and then come down. Begin by lowering shoulders first, then elbows, wrists, and hands.
- Interlace fingers at the dantien. Raise hands and lower elbows to stretch fingers.
- Hands rise above head while head stretches down.
- Hands sink to dantien while head stretches up
- Turn whole body to the left, stretch, and turn head to the right.
- Repeat on opposite side.

3-DRAGON AND PHOENIX FLYING AND DANCING

- Fingers remain interlaced and circle down and to the left as right foot steps in. Continue circle all the way around, step out to the left and face left. Hands raise over head and stretch back.
- Repeat on opposite side.
- Hands circle down and to the left. Left hands stays extended at shoulder level while right hand continues around the circle. At this point both hands are extended out to the side at shoulder level.

4-RAINBOW DANCING AND SHADOW MOVING

- Extend left hand up with palm facing forward. Extend right hand down with palm facing back. Place the weight on the left foot and extend the left hip and stretch.
- Repeat on opposite side.

5-EMBRACING THE MOON

- Put left hand on hip and scoop down across the front of the body with the right hand. Curl the fingers of the right hand into a tight fist. Touch the fist to the shoulder. Trace an arc from right to left with your right elbow, keeping the elbow pointed upwards as

high as possible. When your elbow reaches the right side of the body, spiral the wrist and release the fist, then relax the hand.

- Repeat on the opposite side

7-PHOENIX SPREADS WINGS

- Turn to the left and look behind you. Then look down at the right heel.
- Repeat on the opposite side
- Raise both arms to the sides, bend the right knee, and press down on the left foot, stimulating the liver source point at the crease of the foot.
- Repeat on the opposite side

8-DOUBLE SWALLOWS GENTLY BRUSH BUTTERFLY

- Step to the left corner as both arms rise above head in a flowing motion. Stretch back using a wavelike motion as you elevate the left toe, placing the weight on the left heel. Bend from the hips towards the left toe, bringing both fingertips as close as you can to the left toe without extending hips backwards. Circle out and back up. Cross the arms and bend down towards your left toe again, this time extending your left elbow as close as you can to your left toe while not extending the hips backwards.
- Repeat on the opposite side.

9-COLORED BUTTERFLIES DANCING IN AIR

- With weight evenly distributed on both feet, extend both arms backwards with the palms up in a skiing position. Circle the arms out to the sides, continuing to keep the palms up, while at the same time coming up on the balls of your feet. Continue to circle the arms around to the front above your head as the weight comes back down onto your heels. Bring the hands back down to the sides again.
- Repeat the whole movement three times.

10-CLOSING

- Bring both hands to the dantien and circle.

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