

Daoyin Yangsheng Gong



System founded by Professor Zhang Guande
Beijing Sports University Qigong Centre

Preparation: Feet together, relax your body, calm the breathing and concentrate your thoughts

Repeat silently the 4 verses:

Deep in the night, all is quite. Completely free from worry and care
With seven orifices closed, and the mind set on Dantian
Breathe smoothly, with the tongue tip touching the palate behind the teeth
As light and brisk as a swallow, soar up and float in the air



Shuxin Pingxue Gong

(Exercises for the Regulation of the Cardiovascular System)

1. **Rise up to do Exercise on Hearing the Rooster Crow (Wenji Qiwu)**
2. **White Ape Offers Fruits (Baiyuan Xianguo)**
3. **Golden Elephant Rolls its Nose (Jinxiang Juanbi)**
4. **Yellow Oriole Folds its Wings (Huangying Diebang)**
5. **Massage the Face & Ears (Shanggong Rouer)**
6. **Strike Arms & Legs (Chuibi Koutui)**
7. **An Old Vigorous Tree Twists its Roots (Kushu Pangen)**
8. **Step Forward Continuously (Pingbu Lianhuan)**

