

Study the different Chinese Breathing Methods

There are many different types of breathing methods and even within the methods this can vary from style to style.

As this is the Lee style and is based on the Taoist Art method which is based on a Yin and Yang breathing method so this is the method, I will be showing you in these exercises.

YIN breathing (stimulates) turns things ON. Breath IN by the nose placing the back of the tongue on the front of the palate while filling the lower abdomen then the middle section then the upper chest approx. 10 seconds then let go of the breath and breath OUT by the mouth approx. 6 seconds. YIN breathing stimulates the mid brain increasing the energy from earth. Activating YIN breathing stimulates the sympathetic nerve to speed up the heart rate puts us in Fight, Flight, or Freeze, sometimes known as the three F's.

YANG (sedates) Turns things OFF Breath IN by the nose placing the back of the tongue on the front of the palate and concentrate on the lower abdomen filling it completely approx 6 seconds then breathe OUT by the mouth controlling the breath slow and long about 10 seconds. YANG breathing stimulates the Tan Tien and increases the energy from heaven. Activating YANG breathing stimulates the Vagus (parasympathetic) nerve to slow the heart rate down puts us in Feed and Breed or Rest and Digest.

These exercises are part of a system which is known as Daoyin breathing exercises, known as "guiding and stretching" the body-mind to purify the spirit, in the context of health and longevity as well as therapeutic movements. Daoyin practice are also sometimes referred to as Yangsheng, which literally means "nourishing life."

First a **YIN** breath exercise called the Eagle Stretches which is good to help waist reduction, tennis elbow and back problems.

You can use the count of 10 IN and 6 OUT as above for the breath work or a smaller IN of say 7 IN and 4 OUT, as long as the IN is longer than the OUT breath.

Start in **EAGLE** stance

Breathe **IN** while raising the arms out sideways and up, to form a circle finishing in front of the head palms facing out fingertips pointing towards each other but not touching.

Breathe **OUT** while turning to the left with the turn starting at the ankles, then the knees working up through to the waist, ease off when you have turned 90° no more, but only go as far as you can comfortably go without over stretching.

Breathe **IN** while returning to the centre.

Breathe **OUT** while lowering the arms and returning to the starting position **EAGLE** stance.

Relax then repeat turning to the right completing the sequence.

Relax then repeat the complete sequence twice more in your own time.

NOTES

Do NOT lock the knees, relax, and listen to the body.

It does not matter which side you turn first, as long as you turn the opposite direction on the next turn. Make sure you lower the arms down and relax after each half turn do not turn one way then the other as this is not good to keep both arms up above the body for that length of time.

As noted above Yin breathing alerts the body-mind to action, this you may need when you have to get going and wake the body-mind up, this will bring more oxygen to the brain so the YIN breathing exercises do not want to be done for long periods of time as you may find you become dizzy and lightheaded. It is recommended to just three sequences at any one time.

Now a **YANG** breathing exercise called The Bear Relaxes, good for activating energy, abdominal massage.

You can use the count of 6 IN and 10 OUT as above for the breath work or a smaller IN of say 4 IN and 7 OUT, as long as the OUT is longer than the IN breath.

Start in **BEAR** stance

Breathe **IN** while raising the hands on to the hips, fingertips pointing forwards. thumb pointing back.

Breathe **OUT** while staying in this position.

Breathe **IN** while staying in this position.

Breathe **OUT** while lowering the arms to the sides back to the starting position **BEAR** stance.

Relax and repeat the complete sequence twice more in your own time.

NOTES

When lowering the arms down, focus on the fingertips pointing down to the floor.

When done right this is quite a powerful exercise do NOT overdo it.

So, both of these exercises are for activating energy the Yang breath calms the body-mind but will activate energy for endurance where the Yin breath is more of a quick fix rush of energy.

If you use Yin breathing for any long periods of time you will exhaust yourself, so it is always advisable to finish with a Yang breathing exercise to put the body back to a state of homeostasis.