

WAIST ROTATIONS

- To the right, 20x
- Massage the kidneys, up & down and side to side.
- To the left, 20x
- Massage Middle Dantien (chest), clockwise and counterclockwise.

HIP ROTATIONS

- To the right, 20x
- Massage Huantiao, sacrum
- To the left, 20x
- Massage the Lower Dantien (abdomen), clockwise and counterclockwise.

KNEE ROTATIONS

- To the right, 10x
- Massage knees
- To the left, 10x
- Massage knees
- To the right, deeper, 10x
- Massage from Huantiao to outer ankle bones, 10x
- To the left, deeper, 10x
- Massage from inner ankle bones to top of inner thighs, 10x

ARM ROTATIONS

- Fingers clasped, circle 20x
- Stretch up 5x, to right 5x, to left 5x.
- Bend forward, circle to ground 20x
- Press forward 5x, right 5x, left 5x.
- Clasp elbows, circle 10x
- Push down with elbows 5x
- Massage down outside of legs 5x, pat 5x.

CHIN TO TOE

- To right, elbows clasped 10x, 10 fingers 10x.
- Massage up and down inside and outside of right leg 5x, pat down inside and outside 5x.
- Repeat to left.
- To right, six fingers 10x, two fingers 10x, pulling toes 10x.
- Massage up and down inside and outside of right leg 5x, pat down inside and outside 5x.
- Repeat to left.

STANDING LEG KICKS

- Toes pulled back, 10 low, 10 higher
- Toes pointed, 10 low, 10 high

TURN NECK STRETCHES (Grasp Ear)

- Right arm over left shoulder, crook under with left, look right.
- Left arm over right shoulder, crook under with right, look left.
- Repeat both sides.

SLAP SHOULDER and UNDERARM

- Slap Shoulder and Under Arm, 10x

ARM ROTATIONS

- Lunge forward on left leg, circle right arm 10x forward, 10x backward.
- Pivot to outside of circle, lunge forward on right, circle left arm 10x forward, 10x backward

SLAP KIDNEYS and JIANJING

- Kidney shoulder slaps 10x facing outside of circle
- Pivot to inside, 10x more kidney shoulder slaps

STANDING MASSAGE Upper Body: each 10x

- Kidneys, in a circle
- Mingmen
- Dabao
- Lower lymph
- Left side of chest with right hand
- Right side of chest with left hand
- Right arm over left shoulder, rub Feishu, Gaohuangshu
- Left arm over right shoulder, rub Feishu, Gaohuangshu

ARM MESSAGES, each 10x

Right arm:

- fingertips to shoulder, yang side
- shoulder to fingertips, yin side

Left arm:

- fingertips to shoulder, yang side
- shoulder to fingertips, yin side

HAND MESSAGES

- Baixie points, right hand 10x,
- Baixie points, left hand 10x
- Center of palm to end of each finger of right hand
- Center of palm to end of each finger of left hand
- Shake hands

NECK AND CHIN MESSAGES

Neck:

- Left hand holds at back of head, right massages right side and back of neck 10x
- Right hand holds at back of head, left massages left side and back of neck 10x

Neck and chin:

- Right hand massages from collarbone to jaw bone, from right side to left 10x, and from left side to right 10x, up only.
- Left hand massages from collarbone to jaw bone, from left side to right 10x, and from right side to left 10x, up only.

HEAD MESSAGES

- Taiyang (temples)
- Jingming (eyes)
- Yingxiang (nose)
 - Mouth:
- Right index and middle finger 10x
- Left index and middle finger 10x
 - Ears:
- Massage from top around edge to lobe
- Massage all around inside
- Index fingers and middle fingers massage in front of and behind ears, up only 10x
- Drums of Heaven 10x
- Wash face, comb hair 10x

ONE LEG STAND

- Stand on right, lift left to chest
- Stand on left, lift right to chest.
- Stand on right, circle left to chest, lower down on right leg, straighten, kick left leg out.
- Stand on left, circle right to chest, lower down on left leg, straighten, kick right leg out.

SQUATS and STRETCHES

- Feet apart, squat down on left, right leg out straight, push down with clasped elbows 10x, reach right hand to right toes 10x
- Squat down on right, left leg out straight, push down with clasped elbows 10x, reach left fingers to left toes 10x.
- Massage from inner ankle bones to top of inner thighs 10x.

WALKING KICKS

- Heel kicks, toes pulled back, 10 low, 10 high
- Toe kicks, toes pointed, 10 low, 10 high
- Kick Achilles tendon with back of opposite foot while walking, 10x each side

□ **GATHER QI WHILE WALKING, 20 steps**

□ **SEATED OR STANDING MEDITATION**