
DAO -YIN WAY OF WELL BEING

“Exercise as medicine ”
An exercise system that can
Change the quality of your life forever!

Dao yin LIFE RECOVERY SERIES

An ancient Taoist practice, that systematically opens the joint cavities in the body
Initially individually then in sequence .

It is not yoga or qigong or any other traditional or modern system known today.

It is a stand alone unique Taoist practice done prior to any energy practices.

Revived and recreated by Taoist teacher Liang in China.

Especially designed and suited for our present generation with its own unique set of daily challenges.

So what do these exercises do ?

- Creates space in the joints and body allowing the skeleton and body to breath
- Floods the whole system with oxygen and vital energy.
- Realigning of the skeleton the tendons the muscles and blood vessels
- Depressurization of daily stress accumulation
- Harmonizing physical body emotional body mental body and spirit body

Resulting in the

- Relief of chronic aches and pains
- A feeling of expansion with buoyancy
- Detoxification and rejuvenation of the internal organs
- Relief of illness
- Greater vigor and zest
- Entropy reversal
- Realignment of all systems
- A sense of openness with energy and joy

Who is it for?

- Everyone can learn and practice this system
- If you have an illness , it is perfect for your own self healing
- It is without a doubt the most effective rejuvenation program out there.
- If you are a bodywork practitioner or an acupuncturist
You wont find a better system to open your channels for more effective treatment.
- If you are older it will help you regain your mobility and reverse further physical deterioration.
- If you practice internal martial arts this is your foundational stepping stone that will put wings into your practices.

What are the energy gates ?

Energy gates are the junctures found in the spaces between the joints

Larger juncture gates are found on the torso.

These juncture gates function as fluid and energy regulators pulsating (opening and closing) as they pump fluids and energy through the system.

Note ; these gates function at a deeper level than the acupuncture meridians

In fact they branch off and feed into the more shallow acupuncture meridian network.
Problems arise when these gates are too tightly locked and are unable to open and close.
Our modern day challenges, with daily stress accumulation, and no clear way out, leads to greater constriction and tension, physically emotionally and mentally.

Don't delay! learn how to tap into your human **grace** ..(your naturally given human gifts.)

It is 100% functional... and specifically designed for your well being
It is your foundational health and healing.

The practice is divided into two distinct aspects;

1. ***Life recovery series.*** For those that want to recover from illness and for those that wish to build up their health and maintain their well being
2. ***Life enhancing series*** the second practice is more for all energy work practitioners, also for those wishing to create a solid foundation for their Chinese internal martial arts practice such as tai chi, finally it is for those that want develop and build their energy body. Note; this is a more demanding practice.

What would that be like for you to have your very own self healing, self regulating system that can be done anywhere anytime ?

Capable of giving you the quality of life you deserve !

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