

Week 4: Massaging the Yang Organs

This exercise is called “swaying.” Students who suffer from digestive problems and irregularity greatly benefit from this exercise. It is designed to massage the entire digestive system and is great for symptoms like nausea and other discomforts. You can do this exercise from a seated or standing position (preferably standing), and it is very easy to perform. The yang organs that are affected by this exercise are the Stomach, Large Intestine, Small Intestine, Gall Bladder, and Urinary Bladder.

1. Begin by standing in the Wu Ji posture.
2. As you inhale through the nose and expand the lower abdomen, raise the hands in front of you to shoulder level, palms facing down.
3. While exhaling, contract the abdomen and let your arms swing back down, using about 70% power.
4. Continue the repetition 50 times at first and gradually increase to 150 times. Breathing is natural.