

ReNuMi Wellness Center

Qi Gong Manual: 12 Dahma

1. **Basic Stance** – Place your feet together so that the sides touch and your knees together for stability. From a straight back posture, bend your knees to drop your center of mass directly over your feet. Do not lean forward or backward, but maintain a straight back with relaxed shoulders and relaxed butt. Evenly distribute your weight on the bottom of your feet. Bring your arms in front of your body and pretend to hug a tree with your arms level at your chest, not your shoulders, and your elbows bent. Bring your hands together in a prayer-like position, leaving a very small gap between your palms. Look at the space between your fingertips, while focusing your mind on the lower belly, exactly three finger-widths below your belly button (DanTien). Inhale and exhale silently through your nose. Find a position where you are able to respond easily and maintain your stance even if someone pushed on your chest.
2. **Open Arms** – Start with your lower body in the basic stance. As you inhale, open your arms wide so that they are straight and at the same level as your shoulders. Your palms should face up. Look to your left and then to your right to verify the correct location of your arms and hands. Relax your shoulders and look at a spot at a 45 degree angle down in front of you. Keep your mind focused on your DanTien (lower tummy), your knees bent, and your weight evenly distributed on your feet. Hold this position for at least four breathes and then return to the basic stance with your arms relaxed at your sides.
3. **Hands Above** – Start with your lower body in the basic stance. As you inhale, open your hands so that your palms face away from you and your index fingers and thumbs form a triangle. While opening your palms, raise your hands so that they are at a 45 degree angle above your head. Look through the triangle your fingers make, while keeping your mind focused on your DanTien (lower tummy). Exhale, and on the next inhale, lift your heels approximately 1 cm off the ground until you are balancing on your toes. Hold this position for at least four breathes and then return to the basic stance with your arms relaxed at your sides.

4. **Open Palm Protection** – Start with your lower body in the basic stance. As you inhale, raise your left arm so that your hand is slightly higher than your forehead and your palm faces away from you. At the same time, drop your right arm so that your palm faces the ground with your elbow slightly bent. Hold this position for at least four breathes and then return to the basic stance. As you inhale, mirror the previous position, with the right hand above and the left hand below. Hold this position for at least four breathes and then return to the basic stance with your arms relaxed at your sides.
5. **Closed Fist Protection** – From the basic stance position, make a fist with each hand. Then as you inhale, lift your left foot and take a 45 degree step to the left of your center line. Keep your left foot parallel to your center line. At the same time, raise your left arm so that your hand is slightly higher than your forehead and the inside of your wrist faces away from you. Also, drop your right arm so that the inside of your wrist faces the ground, keeping your elbow slightly bent. Hold this position for at least four breathes and then return to the basic stance. As you inhale, mirror this position on the opposite side, with the right hand above and the left hand below. Remember to take a 45 degree step with the right foot. Hold this position for at least four breathes and then return to the basic stance with your arms at your sides.
6. **Centerline Fist Strike** – From the basic stance position, make a fist with each hand. As you inhale, pull your fists back towards your chest and tuck them under each respective armpit with the inside of your wrists facing up. As you exhale silently, bring your fists together and forward, moving along your centerline until your arms are stretched out in front of you. As you inhale, again pull your fists back towards your chest and tuck them under each respective armpit with the inside of your wrist facing up. Repeat for at least four breathes and then return to the basic stance.
7. **Head and Kidney Protection** – Start with your lower body in the basic stance. As you inhale, raise your left arm so that your hand is over the top of your head and your open palm faces directly up to the sky. At the same time, drop your right arm so that your hand covers the area of your back where your kidney is located. The right palm

- should face away from your body and neither hand should make contact with the kidney or head area. Hold this position for at least four breathes and then return to the basic stance. As you inhale, mirror this position, so the right hand is above and the left hand is below. Hold this position for at least four breathes and then return to the basic stance.
8. **Mountain Clearing** – From the basic stance position, open your feet wider than your shoulder size, keeping them parallel to your centerline. Inhale and raise your hands together with your index fingers and thumbs forming a triangle and the palms facing away from you. As you exhale, bring your arms down to your hips while tracing a mountain shape in the air with your hands. At the bottom of your mountain, your palms should face the ground. Repeat the exercise for at least four breathes ending with your feet open wide and your open palms facing down next to your hips.
 9. **Centerline Clearing** – From the wide stance described in the previous exercise, make a fist with each hand and place it at your waist line with the inside of your wrist facing down. As you inhale, open your left hand and move it forward at a 45 degree angle across your centerline until your arm is outstretched. Hold your breath and make a fist. Then as you exhale, sweep your fist back to the left side of your body while keeping your arm straight out in front of you. Continue to exhale and return your left fist to your waist. Repeat this exercise with the right hand. Repeat this exercise with both hands at least once more, always starting with the left hand. Return to the basic stance with your arms resting by your sides.
 10. **Waterfall Clearing** – Start with your lower body in the basic stance with your arms resting by your sides. Close your eyes and imagine you are standing under a cool refreshing waterfall. Feel the cleansing water fall on the top of your head, over your shoulders, over your chest, down your back, past your hips and belly, and finally along the length of your legs, until it forms a pool of water at your feet. Imagine that you are part of this cleansing waterfall, part of this constantly renewing process. Rest within this vision for at least four more breaths.

11. **Four Sense Development** – From the basic stance, open your feet shoulder-width apart and parallel. Place your thumbs into your ears and lace your fingers behind your head. As you exhale, bend at the waist and drop your body forward, keeping your eyes open. As you inhale, return to an upright position, keeping your thumbs in your ears. Repeat this exercise at least three more times and then drop your hands to your sides.
12. **Happy Buddha** – From the position described above, interlace your fingers together with your elbows straight and your palms facing the ground. As you inhale, raise your hands together, keeping your arms straight, until they extend above your head with your palms facing the heavens. As you exhale, bend at the waist, keeping your hand clasped above your head and your arms straight, until your palms face the ground. Inhale and return your body to an upright position, with your palms facing the ceiling. Repeat the bending exercise at least three more times and then return to the basic stance with your arms relaxed at your sides.