

## Lung exercises - Daoyin



**Start**



**Concentrate  
6 breaths**



**Yunmin  
6 breaths**



**Left heart  
6 breaths**



**Right Heart  
6 breaths**



**MingMen  
6 breaths**



**Dantien  
6 breaths**

**Move tongue  
round gum x3  
and swallow x3**



**Spread Chi  
massage**