



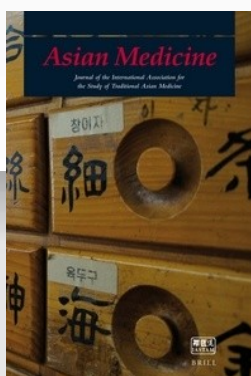
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Daoyin: Chinese Healing Exercises


**Author:** [Livia Kohn](#)**Source:** [Asian Medicine](#), Volume 3, Issue 1, pages 103 – 129**Publication Year :** 2007**DOI:** [10.1163/157342107X207236](#)**ISSN:** 1573-420X **E-ISSN:** 1573-4218**Document Type:** Research Article**Subjects:** [Asian Studies](#)**Keywords:** [ASIAN BODY PRACTICES](#); [YOGA](#); [CHINESE MEDICINE](#);[DAOISM](#); [DAOYIN](#); [QIGONG](#)[« Previous Article](#) | [Table of Contents](#) | [Next Article »](#)[Abstract](#)[Full Text](#)[Media](#)[References\(0\)](#)[Cited By \(3\)](#)[Metrics](#)

Daoyin, the traditional Chinese practice of guiding (*dao*) the *qi* and stretching (*yin*) the body is the forerunner of *qi* body cultivation, it uses a combination of mental awareness, controlled breathing, and slow physical movements to promote health, and open ways to spiritual attainment. Unlike Yoga or Magical Movements, its worldview focuses on the connection between the material aspect of the *dao* and foundation of human life, and its patterning according to Yin-Yang and the five phases first documented in medical manuscripts of about 200 BCE, where simple movements and close correlation to symptoms and developments involve movement sequences, subtler breathing instructions, and spiritual connections through visualization. It also created an integrated system, where *daoyin* in combination with general rules of moderation and guidelines for

foundation of advanced immortality practice. They moreover systematised the breathing practices into various levels enhancing *qi* as breath. Overall, the differences from other Asian practices dominate, and the way *daoyin* envisioned uniquely Chinese.



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