

# Linda's Tai Chi "Of Mind and Body" series Seminar with Matt Van Dyke, EAMP

October 25, 2024

## 養生 Yǎngshēng: the art of nourishing life

Thank you for coming today! I hope that you were able to get something out of the lecture. Here is a cheat sheet for some of the takeaways

### Yin Yang, the 5 Phases, and the seasonal calendar

Start to see how things follow natural rhythms, and then model your activity to these daily and seasonal rhythms.

### Metal Element & Lung Health

#### Natural Breathing Exercise

You can do this exercise seated, standing, or lying down.

Place both hands on your lower abdomen

Breathe in and out through the nose, following the breath with your mind

Inhale the qi to your lower abdomen, filling the abdomen like a balloon filling. You should feel the expansion in your hands

Exhale back out through the nose, imagining the balloon in the abdomen deflating. You should feel your abdomen deflating with your hands.

Continue in this fashion until the breath becomes slow, even, and deep.

#### Full Body Breathing / Skin Breathing

Once your breath becomes deep and even, imagine that you are breathing in and out through the pores of your skin

Your whole-body fills with qi / breath

You can imagine that the qi / air is White Light, filling your body

Continue for as long as you like

#### Point Press

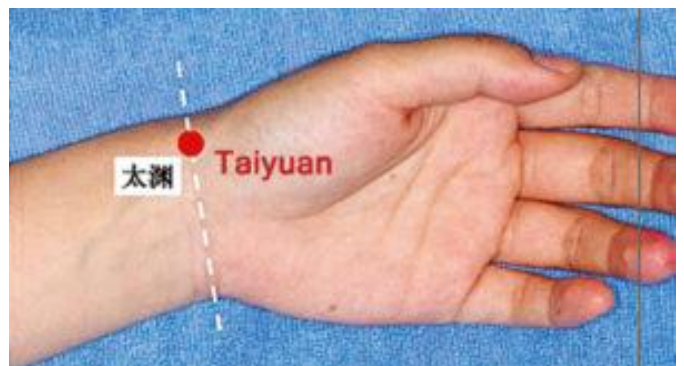
太淵- Tàiyuān

Supreme Abyss

Locate at the wrist joint on the crease inside the wrist (palm up), in the dip between the radial artery and the tendon.

With hand resting comfortably on a surface, massage with a finger of the opposite hand in circles, clockwise then counterclockwise.

This is a general strengthening point for the lungs. It can have a deep (the name is supreme abyss) and powerful effect on the qi of the whole body, especially over time.



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## **Books & Articles for your continued study**

*Nourishing Life the Yang Sheng Way*

-Courtney, Dierdre

*Yang Sheng: the Art of Chinese Self-Healing: Ancient Solutions to Modern Problems*

-Brindle, Kate

*Live Well Live Long: Teachings from the Chinese Nourishment of Life Tradition*

-Deadman, Peter

*The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi*

-Jahnke, Roger

*Nourishing Life 養生 Yang Sheng: An Ancient Love of Lists*

Wilcox, Lorraine - can be found at:

[https://www.academia.edu/34453044/Nourishing\\_Life\\_%E9%A4%8A%E7%94%9F\\_Yang\\_Sheng\\_An\\_Ancient\\_Love\\_of\\_Lists](https://www.academia.edu/34453044/Nourishing_Life_%E9%A4%8A%E7%94%9F_Yang_Sheng_An_Ancient_Love_of_Lists)

Thank you!

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This seminar is the second in the “Of Mind and Body” series presented by Linda’s T’ai Chi

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