**1. Standing Meditation (Standing Post/Zhan Zhuang)**

① Basic Posture

* Stand with feet shoulder-width apart
* Slightly bend knees, as if sitting on a high stool.
* Arms rounded in front of chest/belly, like holding a large ball.

② Body Alignment

* Head suspended, chin slightly tucked.
* Relax shoulders, sink elbows.
* Pelvis gently tucked to align spine.

③ Breathing

* Natural breathing.

④ Duration

Beginners: Start with 5–10 minutes. Advanced: 30+ minutes.

Key Tips:

✔ Prioritize relaxation over force.

✔ Stop if shaking excessively.

✔ Imagine your legs are tree roots growing into the ground.

✔ Relax your shoulders, let your breath flow naturally.

**2. Body Tapping Exercise**

(1.) Head Tapping

Purpose: Improves focus, relieves headaches, and stimulates scalp circulation.

Steps:

• Use the pads of your fingers (not nails) to gently tap all over the scalp.

• Start from the forehead → top of the head → back of the head → sides (temples).

• Continue for 1–2 minutes, like a light drumming motion.

(2.) Face & Neck Tapping

Purpose: Stimulates facial muscles, improves skin tone, and relieves neck stiffness.

Steps:

• Cup your hands slightly and use palm base (not fingers) to tap:

• Start from the cheeks → the sides and back of the neck.

(3.) Front Body Tapping

Purpose: Boosts lung function, relieves shoulder tension, and strengthens immunity.

Steps:

• Use the right palm base to gently tap from left shoulder down to fingertips , then left palm tap right should to fingertips.

• Use alternating hands or both palms to tap the chest to abdomen .

(4.) Back Body Tapping

Purpose: Improves digestion, leg circulation, and joint mobility.

Steps:

• Use bath loose fists to tap hips → thighs → knees → calves → feet.

• Use firm but comfortable tapping to soles of Feet.

(5.) Full-Body Sequence

For best results, follow this top-to-bottom flow:

Head → Face → Neck

Shoulders → Arms → Chest → Abdomen

Back → Hips → Legs → Feet Duration: 5–10 minutes daily.

**3.Horse stance pose**

① Starting Position

* Stand with feet double shoulder-width apart .
* Toes slightly turned outward.

② Lowering into Stance

* Bend knees to 90° (or as low as comfortable), keeping thighs parallel to the ground.
* Keep back straight, hips tucked in , and chest lifted.
* Arms: Fists at waist, or extended forward for balance or prayer posture.

③ Breathing & Focus

* Breathe deeply.
* Focus on sinking energy and leg endurance.

④ Duration

Beginners: Hold for 30 seconds → 1 minute. Advanced: 3+ minutes

Key Tips:

✔ Knees should not go beyond toes.

✔ Avoid arching the lower back.

✔ Sink your hips like riding a horse!

✔ Keep your back straight—don’t lean forward!

**4. Body Shaking**

Starting Position

Stand with feet shoulder-width apart, knees slightly bent.

Relax your entire body—shoulders, arms, and legs loose.

Breathe naturally through the nose.

• Basic: Begin by lightly bouncing on your knees (like a gentle tremble).

• Imagine shaking the whole body like Jello with each movement.

• Advance: Lift your heels and stomp with more vibration, breathing naturally throughout.

**5. Swinging Arms Sideways**

Starting Position:

Stand with feet shoulder-width apart, knees loose.

Relax your entire body, especially the shoulders and arms.

Keep your back straight, chin slightly tucked.

* **Basic**: Begin swinging arms to the left side, then let arms rebound to the right side and look straight.
* The motion should be smooth and rhythmic, like waves.
* Breathe naturally—exhale as arms swing out, inhale as they return.
* **Advanced**: Engage core muscles to swing arms to the left, twisting entire body in that direction. Look to the left and lift right heel. Then, let your arms rebound to the right.

Key Benefits

✔ Improves blood circulation (especially in hands and arms).

✔ Relieves shoulder & neck stiffness (good for office workers).

✔ Balances Qi flow in the body (used in Daoist/Buddhist qigong).

✔ Calms the mind (like a moving meditation).

**6. Drawing the Bow Left and Right (Shooting the Eagle)**

①. Starting Position

* Stand with feet shoulder-width apart, knees bent ("horse stance").
* Inhale, Cross arms in front of your chest, palms facing inward.

②. Pull the Bowstring

* Exhale: Extend left arm straight to the side (fingers upright, palm outward “One Finger Zen”), as if pushing a wall. Pull right elbow back (fist near ribs), mimicking drawing a bowstring.
* Turn head to gaze over the left hand.
* Inhale: extend right arm, head to the center and straighten both feet
* Exhale: putdown arms and feet together
* Right Side: Reverse the motion.