

## Dao Yin

### Self- Massage Sequence

- Rub hands on thighs
  - Rub circles around knees
  - Pause and hold knees allowing warmth to penetrate deep into the joints
  - Fold hands over lower abdomen
  - Relax and breathe with your belly; focus on breathing until calm and centered
  - Remove hands and shake at sides
  - Pause, feel and look at your hands
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- Tap back of neck with loose fists from base of head to upper back
  - Tap head with open hands
  - Shampoo scalp with fingertips
  - Rest forehead on fingertips and massage from temple to temple
  - Slide fingertips to temples and massage
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- Stretch ears
  - Massage rim, back, lobes of ears with fingertips
  - Run finger around grooves inside of ear
  - Pinch tragus
  - Rub in front of and behind ear simultaneously
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- Slide thumbs under jaw, massage to chin
  - One thumb massage under chin
  - Tap chin, follow jaw line to joint (TMJ), retrace back to chin
  - Continue tapping up and back to TMJ from below lip, above lip, and from nostrils
  - Pat nose, then face, with open hands
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- Press around eyes starting at side closest to nose, press along upper bony ridge, lower ridge
  - Press fingers gently over eyeballs
  - Palm eyes-no pressure, breathe away fatigue
  - Wash down face 3X, forehead to jaw to upper chest

- Stretch chin to sky, facing center, then side to side
  - Head rolls-3X in each direction, end with head hanging to chest
  - Rub back of neck with fingertips in forward direction, then upper back
  - Support one elbow and tap the top of the shoulder to the base of the head with a loose fist, then the other side
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- Tap left arm with a loose fist: start at upper chest, go down inner arm on thumb side, up back of arm over index finger, down middle of inner arm over the middle finger, up over the ring finger, back of arm, down the outside inner arm to the little finger, back up the outside back of arm
  - Brush the arm with the palm of the hand over the same pathways
  - Pause and compare the left arm to the right
  - Repeat sequence on the right arm
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- Get up on knees, tap chest, allow vocal sounds and breath deeply
  - Drape arm over head, tap sides with a loose fist, repeat on other side
  - Stroke sternum with fingertips
  - Stroke both side of sternum
  - Stroke underneath both sides of rib cage
  - Stroke abdomen from xiphoid to umbilicus
  - Tap around abdomen, clockwise direction, then smooth out, rub belly
  - Hands at sides, massage abdomen with fingertips
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- Massage kidney area with thumbs, thumb circles down to the hips
  - Thumb press 4 horizontal rows along tailbone area (sacrum)
  - Tap kidneys and lower back with loose fists, continue tapping down to gluts
  - Stroke sacrum with knuckles
  - Tap fists in gluteal hollow
  - Tap fists over upper legs at hip joint
  - Rub hands along outsides of both legs to knee
  - Sit down and extend legs
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- Loosen legs, "windshield wipers" to loosen joints
  - Tap left leg with a loose fist: start at hip, going down center of leg, down lower leg to foot, tap down to 2<sup>nd</sup> toe. Tap across to big toe, tap up along foot behind ankle, up lower leg on inner side to hip, down the outside of the leg to the 4<sup>th</sup> toe, tap across to big toe, tap up along foot behind ankle, up across lower leg on inner side to hip, down the underside of the leg, use thumbs underneath knee to massage, massage lower leg muscle, tap across foot to

the little toe, tap across toes to big toe, tap along bottom of foot, up lower leg, and inner side of upper leg to hip.

- Brush the leg with the palm of the hand along the same pathways.
- Pause and compare the left leg to the right
- Repeat sequence on the right leg

- Pick up one leg, shake ankle, place foot on thigh
- Massage toes all at once, then each toe individually
- Claw press at base of toes
- Thumb press across ball of foot
- Thumb press 5 lines on arch from ball to heel
- Claw press heel, massage achilles tendon area
- Wring out whole foot
- Pause and compare left and right feet
- Repeat on other foot

- Flex and extend ankles and toes
- Rotate ankles 3X each direction
- Stamp feet against floor
- Sit cross legged, holding feet, go inside, survey entire body