

Spring Waking Routine

SPRING - February to May - Particularly useful in the spring are a group of acu-points whose name contains the word *feng* (wind). These acu-points literally “grasp” or “pull out” wind pathogens that may have lodged in the meridians.

Massage Around Eyes

Comb the Hair

Massage GB 20 (Wind Pool)&

DU (GV) 16 (Wind Mansion)

Rub TW 17 in Front & Behind Ears

Massage GB 21 (Shoulder Well)

Massage Ribs (Right w Right then Left) 10-12X

Massage GB 31 (hands close to sides the point is at the tip of their middle finger)

LI 4 - Clears Wind

Wiggle Toes

Massage Li 1 - 4

Green Dragon Spring Do a Yin Exercise 1
(Both Hands on Shoulders, Turn to Side) 5X

It is said that the two Green Dragon Exercises will cure obstruction of the liver from vicious wind and poisonous air, and prevent disease from developing.

Green Dragon Spring *Dao Yin* Exercise 2 15-20X
(Interlace Fingers Palms In, Push Palms Out)

