

# Tao Yin

**Tao Yin** (sometimes referred to as [Taoist Yoga](#)) is a series of exercises (mainly in lying and sitting positions, but also in standing positions) practiced by [Taoists](#) to cultivate [ch'i](#), the internal energy of the body according to [Traditional Chinese Medicine](#).<sup>[1]</sup> The practice of Tao Yin was a precursor of [qigong](#).<sup>[2]</sup> and was practised in Chinese Taoist [monasteries](#) for [health](#) and [spiritual](#) cultivation.<sup>[2]</sup> Tao Yin, is also said to be<sup>[3]</sup> a primary formative ingredient in the well-known "[soft style](#)" [Chinese martial art](#), [Tai Chi Ch'uan](#).<sup>[4]</sup>

The main goal of Tao Yin is to create balance between internal and external energies and to revitalize the body, mind and spirit, developing strength and flexibility in muscles and tendons.

## Effects

A typical Tao Yin exercise will involve movement of the arms and body in time with controlled inhalation and exhalation. Each exercise is designed with a different goal in mind, for example calmativ effects or expanded lung capacity.

Some of the exercises act as a means of sedating, some as a stimulant and a tonic, whilst others help in the activation, harnessing and cultivation of internal Ch'i energy and the external Li life force. Through the excellent health that is gained thereby, they all assist in the opening up of the whole body, enhance the functioning of the autonomic nervous system, increase the mental capacity of the brain, give greater mind control, increase perception and intuition, uplift moral standards, and give tranquillity to the mind, which in turn confers inner harmony and greater happiness. As time goes by, these exercises slowly open up the functional and control channels that feed and activate the energy, nervous and psychic centres, enabling the individual to have a deeper understanding, consciousness and awareness of the spiritual world. <sup>[5]</sup>

According to [Mantak Chia](#) (Taoist Master and creator of the Universal Healing Tao System) the practice of Tao Yin has the following effects: harmonization of the [chi](#), relaxation of the abdominal muscles and the diaphragm, training of the "second brain" in the lower abdomen, improvement of health and structural alignment.<sup>[6]</sup>

Source: WIKIPEDIA (English)