



DAYAN (WILD GOOSE) QIGONG

(DA = Great, YAN = Bird - refers to migrating wild geese of China)

The *Wild Goose* exercise includes soft, gentle and graceful movements simulating the activities of a wild goose. It serves as a therapy for self regulation and self repair, one that benefits the whole person.

MOVEMENT NAMES:

1. Wild Goose Wakes Up
2. Wild Goose Opens and Closes its Wings
3. Wild Goose Listens Alertly
4. Wild Goose Cleans its Wings
5. Wild Goose Cleans its Body
6. Wild Goose Looks for Mate
7. Wild Goose Displays for Mate
8. Wild Goose Scoops Water over its Body
9. Wild Goose Prepares its Nest
10. Wild Goose Flies Up
11. Wild Goose Flies to Lake
12. Wild Goose Lands on Lakeside
13. Wild Goose Searches for Food
14. Wild Goose Settles for the Night

