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**TAE-YANG:** Located on the temples, in between the eyes and the tops of the ears, these are important activation points related to the brain.

**DAE-CHU:** Located right below the seventh cervical vertebrae.

**DAH-N-JOONG:** Located in the center of the slight indentation on the chest.

**KI-HAE:** Two inches below the navel. Ki-hae means “the sea of Ki-energy.” The lower Dahn-jon is located about two inches inside the body from the Ki-hae.

**HOE-EUM:** The perineum.

**MYUNG-MOON:** Located on the back, directly opposite the navel, between the second and third lumbar vertebrae. “Myung-moon” means “the gate of life.” Cosmic vital energy enters the body through this point during Dahn-jon breathing exercise.

**JANG-SHIM:** Located at the center of the palm on each hand. To find the Jang-shim, make a fist. The point is where the middle finger touches the palm. Because it is very sensitive to energy, it is viewed as an external Dahn-jon energy center.

**YONG-CHUN:** To find the Yong-chun, divide the main body of the foot into three equal parts. Yong-chun is one-third the distance from the top of the toes at the center of the sole.

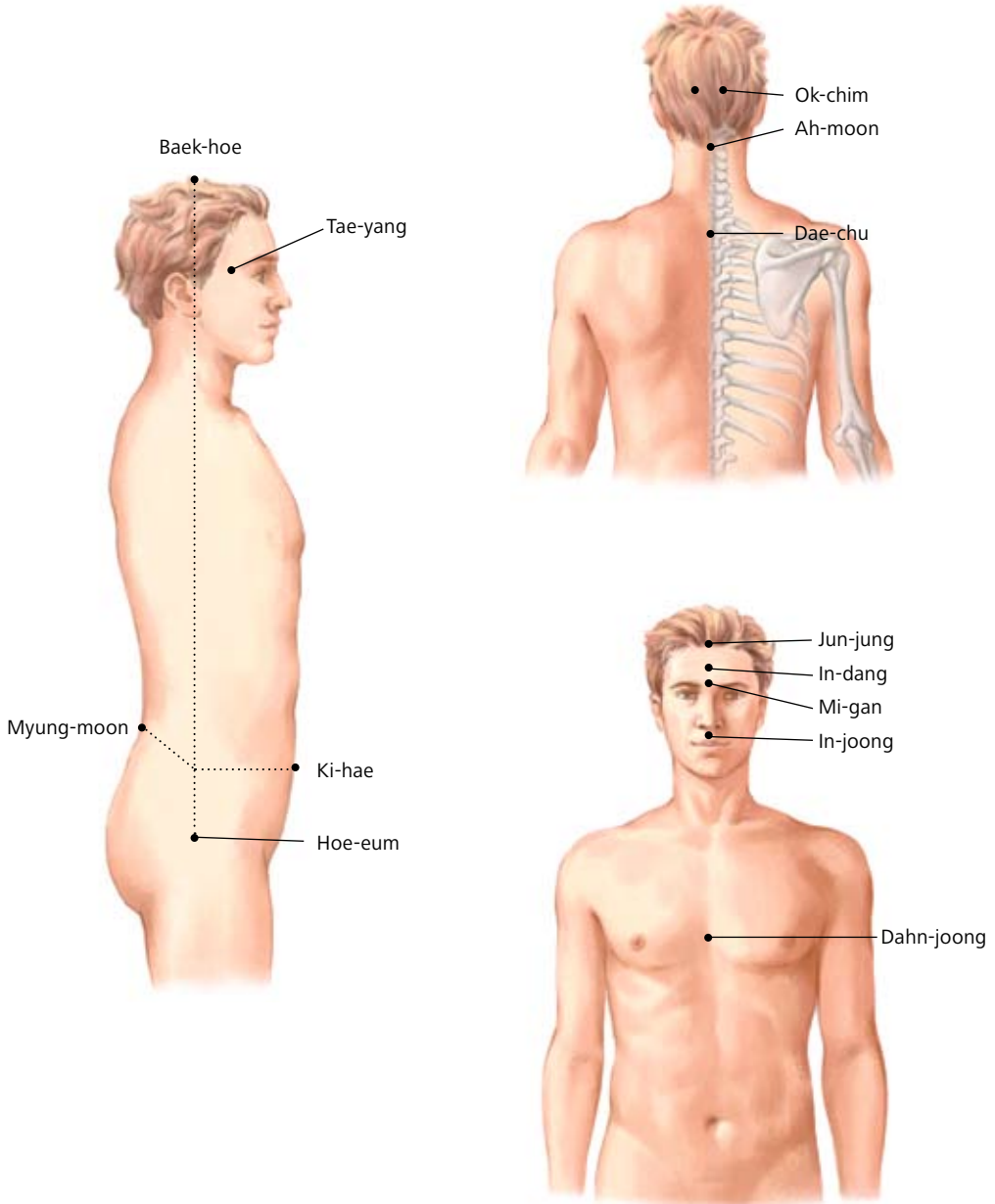
## Key Energy Centers (Dahn-jons)

Directly translated, the word Dahn-jon means “field of energy.” It is the main place in the body where energy is gathered and stored. With enough energy sensitivity training, we can tangibly feel the gathering of energy in the Dahn-jon. Basically, Dahn-jon has the same meaning as the word “chakra,” which means “wheel or circle” in Sanskrit and is considered an energy center in the human body.

In Dahn Yoga, we focus on three internal Dahn-jons and four external Dahn-jons. The internal Dahn-jons are located in the lower abdomen about two inches from the navel (lower Dahn-jon), in the middle of the chest (middle Dahn-jon), and in the center of the forehead (upper Dahn-jon). The four external Dahn-jons are located on each palm and on the bottom of each foot.

If a Dahn-jon is blocked and energy flow is disrupted, it will manifest as a physical disease or ailment. Through exercises and breath work, it is possible to facilitate the flow of energy through the Dahn-jon system of the body,

## IMPORTANT ENERGY POINTS



## *posture 3*: CIRCULATION 1

**Purpose:** Stimulates and opens the Bladder and Kidney Meridians, which run along the legs.

**Concentration:** Straighten the knees as much as possible.

**Breathing:** If breathing through the nose becomes easier than breathing with an open mouth, start breathing with mouth closed.

**Time:** Three to five minutes. If holding the posture causes pain or becomes too difficult, change to the next posture.

1. Firmly hold the front or sides of your feet. Slowly stretch and straighten both legs to the best of your ability.
2. Keep your head on the floor and your lower back as close to the floor as possible. The pelvis will lift off the floor. Vibration is likely to occur as the Bladder Meridian opens.
3. Completely relax your chest and shoulders.
4. Be sure to push out your heels to fully stretch the Bladder and Kidney Meridians.
5. If there is too much tension in the shoulders when you try to grab your feet, try the modified position (holding ankles or calves) to avoid tension in the shoulders.

Heels are pushed out to fully stimulate the meridians along the legs.



Keep knees straight (hold calves if necessary).

Shoulders are relaxed and as close to the floor as possible.



**MODIFIED POSTURE** .....

If you cannot straighten your legs completely while holding your feet, try holding the ankles, calves, or thighs, keeping your legs as straight as possible.

**SELF CHECK** ••••

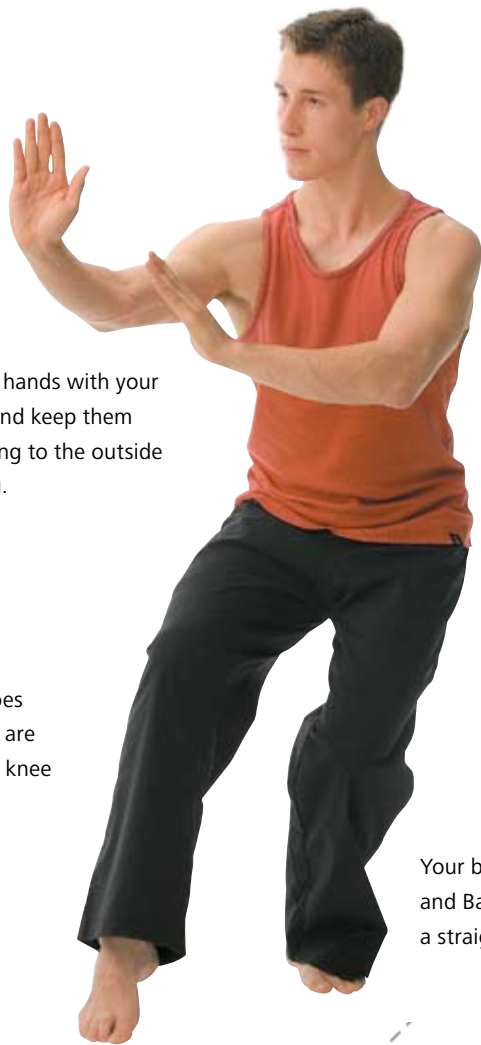
1. Are you taking a proper posture and do you feel comfortable?
  - Make sure your ankles are flexed enough and the backs of your legs are stretched.
2. Is your upper body relaxed?
  - Relax your neck, shoulders, and chest area.
3. Do you feel that energy circulation is flowing through the Bladder Meridian?
  - Starting at the eyes, the Bladder Meridian travels up over the crown of the head, and then flows down from the head along the back of the body to the toes. When you take a correct posture, the Bladder Meridian is activated, and you feel the energy flow along the pathway.

## *Empty Stance:* **HEO-BO**

**Introduction:** This set allows Ki energy to be accumulated very quickly. The balance of your stance should not be disturbed even if you lift your front foot off the ground. It rapidly strengthens the Dahn-jon in your lower abdomen and develops your body's quickness and resilience. However, this stance should not be held for long if it results in pain or excessive fatigue.

**Set:** Point the toes of your back foot about 30 degrees to the outside, bend your knee and sit into the stance with your weight over your back leg. Slightly bend your front leg, raising your front heel and lightly touching the big toe of your front foot to the ground. Place your weight only on your back leg. When the left foot is in front, this stance is called Jwa-heo-bo; when the right foot is in front, it is called U-heo-bo.

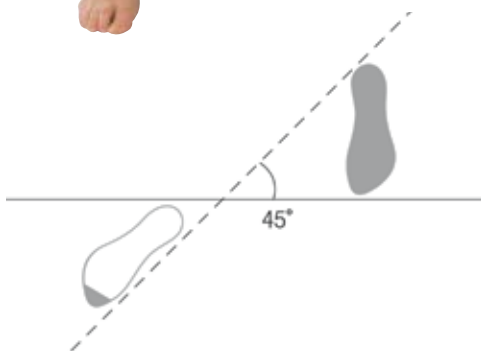
1. Shift your weight to your right leg.
2. Step forward with your left foot about 45 degrees.
3. At this time, place about 90 percent of your weight on your right leg and the rest on your left leg.
4. With both hands positioned at the center of your body and your elbows slightly bent, extend your left hand.
5. Bring your right hand below your left elbow.
6. Your hands and feet are positioned the same at this time (i.e., left hand and left foot forward, right hand and right foot back).
7. Position your hands as if you are holding a ball and return your feet to their original position.
8. Shift your weight to your left leg and perform the movement on the other side.



Align your hands with your Im-maek and keep them from moving to the outside of your leg.

Ensure that the toes of your front foot are aligned with your knee and Im-maek.

Your back heel, Hoe-eum and Baek-hoe should form a straight line.



# STANDING STRETCH

**Benefits:** This exercise stimulates the energy channels on the back side of the body and enhances blood circulation to the heart. It stretches the arm and shoulder muscles, and optimizes the function of the liver and other organs.

**Note:** Breathe deeply in each position, and let yourself stretch a little further with each inhalation.

1. Put your feet together and clasp your hands together.
2. Breathing in, lift your hands with palms facing the sky until your arms are touching your ears on either side. Turn your palms toward the sky.
3. At the same time, lift your heels and tilt your head backward to look at your hands.
4. Lower your hands slowly as you breathe out.
5. Repeat the motion with your arms raised and palms up. Inhale and tilt your whole body to the right side as far as it can go without losing your balance. Hold your breath and feel your whole left side being stretched.
6. Lower your hands and return to the upright position as you breathe out.
7. Repeat the motion, now moving to the left. Feel your whole right side being stretched.
8. Lower your hands and return to the upright position as you breathe out.
9. Breathe in as you bend forward at your waist and try to touch the ground with your palms. Be careful not to bend your knees. Try to touch your knees with your forehead, or come as close as you can.
10. Return to the starting position as you breathe out.
11. Repeat the whole cycle four times.

