

[Morning Vitality Ritual](#)

Each morning is an opportunity to circulate your energy, calm your mind, and strengthen your health. This Chinese medicine ritual can be practiced in 10 to 15 minutes and helps gently awaken your body and your breath. So let's practice together!

 [Video available on YouTube \(click directly on the image\)](#)



Video Chapters

[00:00](#) - Introduction & Warm-up

[01:15](#) - Head & Neck

[06:05](#) - Torso & Limbs

[12:07](#) - Closing

1. Practice Tips

- Place your tongue on the palate to connect the Du Mai and Ren Mai meridians
- Practice in calm and mindfulness
- Inhale and exhale through the nose, deeply
- Keep your arms and wrists relaxed
- Observe your sensations after each step

2. Qigong Daily Routine Step-by-Step

- Gently rotate your body while keeping your arms completely relaxed.
- Rub your hands together to generate warmth and bring Qi into them.
- Massage your entire scalp using clawed fingers.
- Comb through your hair from front to back, down to the nape.
- Smooth the forehead with alternating hands, moving towards the temples.
- Apply pressure to key acupuncture points around the eyes:
 - Inner eyebrow
 - Middle of the eyebrow
 - Outer eyebrow
 - Just below the eyes, near the external canthus
- Glide the second phalanx of your index finger over the eyebrows and under the eyes.
- Massage the temples (Tai Yang points) and move towards the back of the head.
- Rub the sides of the nose and press the points beside the nostrils.
- Form a "V" with your index and middle fingers and massage around the ears.
- Fold the ear with one hand and gently tap on it with the other.
- Pinch the earlobe and pull downward.
- Rub above and below the lips (DU26 and REN24) with opposite index fingers.
- Rub the neck and throat in downward motions.
- Massage the area below the occiput (GB20 – Feng Chi points).
- With crossed arms, form a "V" with your index and middle fingers, then rub above and below the collarbone.
- Join your fingers like a bird's beak and tap on acupuncture points R27 (Shu Fu) and SP21 (Da Bao), then switch hands.
- Extend one arm with the palm facing upward. Tap down along the inner side of the arm, then rotate the arm and tap upward along the outer side. -Continue by rubbing with a flat palm.
- Rub between the floating ribs with the edge of your hands in an up-and-down motion. Then, push downward in an alternating pattern.
- Massage the abdomen in circular motions:
 - Clockwise if prone to constipation
 - Counterclockwise if prone to diarrhea
 - If no digestive issues, alternate both directions equally.
- Rub the Dan Tian with alternating hands, moving downward to the pubic area.
- Gently tap the Dan Tian area with closed fists.
- Rub the lower back with fists and tap the lumbar region (BL23 – Shen Shu, DU4 – Ming Men).
- Rub the sacrum and tap it with fists.
- Tap the glutes with open hands, lifting them slightly.
- Tap down along the back of the legs, then move upward along the inner side. Continue by rubbing with a flat palm.

3. Go Further

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