



# **DAYAN (WILD GOOSE) QIGONG**

(ADA@ = Great, AYAN@ = Bird - refers to migrating wild geese of China)

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



Est. 1976

**Australian Academy of Tai Chi & Qigong**  
Accredited by ACHPER & Active Australia  
Affiliated with the Shanghai Institute of Physical Education  
[www.livingchi.com.au](http://www.livingchi.com.au) [info@livingchi.com.au](mailto:info@livingchi.com.au)  
07 3358 1955