

Standing Meditation, Baduanjin & Tai Chi

Illustrated Guide

Traditional Practices for Menstrual Pain Relief | periodhub.health

Professional Guide with Detailed Movement Breakdowns

🌟 Introduction to Traditional Practices

What is Standing Meditation (Zhan Zhuang)?

Standing meditation is a foundational practice in Traditional Chinese Medicine that involves maintaining specific postures while focusing on breath and energy flow. This practice helps regulate qi (vital energy), improve circulation, and reduce tension throughout the body.

What is Baduanjin (Eight Pieces of Brocade)?

Baduanjin is a set of eight gentle exercises that combine movement, breathing, and meditation. These exercises are designed to strengthen the body, calm the mind, and promote overall health and well-being.

Benefits for Menstrual Health

- ❑ Improves blood circulation in the pelvic area
- ❑ Reduces muscle tension and cramping
- ❑ Balances hormones through stress reduction
- ❑ Enhances overall energy and vitality
- ❑ Promotes emotional balance and calm
- ❑ Strengthens core muscles supporting reproductive organs



Standing Meditation (Zhan Zhuang) Basics

Fundamental Posture

Basic Standing Position

1. **Feet:** Stand with feet shoulder-width apart, parallel to each other
2. **Knees:** Slightly bent, not locked
3. **Pelvis:** Gently tucked under, spine naturally straight
4. **Arms:** Relaxed at sides or in specific positions
5. **Head:** Crown reaching toward sky, chin slightly tucked
6. **Eyes:** Softly focused or gently closed

Three Essential Positions for Menstrual Health

1. Embracing the Tree (Bao Shu)

Position: Arms raised as if hugging a large tree, hands at chest level

Duration: Start with 2-3 minutes, gradually increase to 10-15 minutes

Benefits: Improves circulation, strengthens core, calms nervous system

2. Holding the Ball (Bao Qiu)

Position: Arms curved as if holding a large ball at lower abdomen level

Duration: 5-10 minutes

Benefits: Focuses energy on reproductive area, reduces cramping

3. Lifting the Sky (Tuo Tian)

Position: Arms raised overhead, palms facing up

Duration: 3-5 minutes

Benefits: Elevates mood, reduces bloating, improves posture

Breathing Coordination

Natural Breathing: Allow breath to flow naturally, don't force

Abdominal Breathing: Breathe into lower abdomen, expanding on inhale

Rhythm: Inhale for 4 counts, hold for 2, exhale for 6 counts

Focus: Imagine breath flowing to areas of tension or discomfort

Baduanjin (Eight Pieces of Brocade)

Complete Sequence for Menstrual Health

1. Two Hands Hold Up the Heavens (Shuang Shou Tuo Tian)

Movement: Interlace fingers, raise arms overhead, stretch upward

Repetitions: 8-12 times

Benefits: Opens chest, improves circulation, reduces bloating

Breathing: Inhale while raising arms, exhale while lowering

2. Drawing the Bow to Shoot an Eagle (Zuo You Kai Gong)

Movement: Step wide, draw imaginary bow alternating sides

Repetitions: 6-8 times each side

Benefits: Strengthens core, improves focus, releases tension

Breathing: Inhale while drawing, exhale while releasing

3. Separate Heaven and Earth (Tiao Li Pi Wei)

Movement: One hand pushes up, other pushes down, alternate

Repetitions: 6-8 times each side

Benefits: Balances energy, aids digestion, reduces nausea

Breathing: Inhale during preparation, exhale during stretch

4. Wise Owl Gazes Backwards (Wu Lao Qi Shang)

Movement: Turn head and torso to look behind, alternate sides

Repetitions: 5-6 times each side

Benefits: Relieves neck tension, improves circulation to head

Breathing: Natural breathing throughout movement

5. Sway the Head and Shake the Tail (Yao Tou Bai Wei)

Movement: Wide stance, sway body side to side with flowing motion

Repetitions: 6-8 times each direction

Benefits: Releases lower back tension, improves flexibility

Breathing: Exhale while swaying, inhale while centering

6. Two Hands Touch the Feet (Liang Shou Pan Zu)

Movement: Bend forward to touch feet, then arch backward gently

Repetitions: 6-8 times

Benefits: Strengthens kidneys, improves spinal flexibility

Breathing: Exhale while bending forward, inhale while arching back

7. Clench the Fists and Glare Fiercely (Cuan Quan Nu Mu)

Movement: Punch forward alternately with focused intention

Repetitions: 8-10 times each arm

Benefits: Releases emotional tension, builds inner strength

Breathing: Exhale forcefully with each punch

8. Bouncing on the Toes (Dian Jiao)

Movement: Rise up on toes and gently drop down on heels

Repetitions: 10-15 times

Benefits: Stimulates all meridians, promotes overall circulation

Breathing: Natural breathing, focus on gentle impact



Tai Chi for Menstrual Health

Introduction to Tai Chi

Tai Chi is a gentle martial art that combines slow, flowing movements with deep breathing and meditation. Its circular, spiraling motions are particularly beneficial for improving pelvic circulation and reducing menstrual discomfort.

Essential Tai Chi Movements for Menstrual Pain

1. Opening Form (Qi Shi)

Movement: Stand naturally, raise arms slowly to shoulder height, then lower

Repetitions: 3-5 times

Benefits: Centers the mind, prepares body for practice, promotes relaxation

Breathing: Inhale while raising arms, exhale while lowering

2. Wave Hands Like Clouds (Yun Shou)

Movement: Shift weight side to side while arms move in horizontal circles

Repetitions: 6-8 times each direction

Benefits: Improves waist flexibility, massages internal organs, enhances circulation

Breathing: Natural breathing, coordinate with weight shifts

3. Parting Wild Horse's Mane (Ye Ma Fen Zong)

Movement: Step forward while separating hands in opposite directions

Repetitions: 4-6 times each side

Benefits: Opens chest, improves posture, enhances energy flow through torso

Breathing: Inhale during preparation, exhale while stepping and separating

4. White Crane Spreads Wings (Bai He Liang Chi)

Movement: Shift weight back, raise one hand up and lower the other

Repetitions: 3-4 times each side

Benefits: Improves balance, opens meridians, calms the nervous system

Breathing: Inhale while opening, exhale while settling

5. Brush Knee and Twist Step (Lou Xi Ao Bu)

Movement: Step forward while one hand brushes past knee, other pushes forward

Repetitions: 4-6 times each side

Benefits: Strengthens legs, improves coordination, massages lower abdomen

Breathing: Exhale while stepping and pushing, inhale during transition

Tai Chi Principles for Menstrual Health

Slow and Continuous: Move like flowing water, without stops or jerky motions

Mind-Body Connection: Focus attention on the movement and breath

Relaxed Strength: Use minimal effort while maintaining good posture

Natural Breathing: Let breath flow naturally with the movements



Personalized Practice Plans

For Severe Cramping

- Focus on "Holding the Ball" position
- Emphasize Baduanjin movements 3, 5, and 6
- Add Tai Chi "Wave Hands Like Clouds"
- Practice 2-3 times daily during menstruation
- Hold positions for shorter durations (2-5 minutes)

For Emotional Balance

- Begin with "Embracing the Tree"
- Include all 8 Baduanjin movements
- Add Tai Chi opening form and White Crane
- Practice daily, especially week before period
- Focus on slow, mindful breathing

For Energy and Circulation

- Start with "Lifting the Sky"
- Emphasize Baduanjin movements 1, 2, 7, and 8
- Add Tai Chi "Parting Wild Horse's Mane"
- Practice in morning for energy boost
- Gradually increase duration and intensity

For Beginners

- Start with 5-10 minutes total practice
- Learn one movement at a time
- Begin with Tai Chi opening form
- Focus on proper posture over duration
- Practice 3-4 times per week initially

Important Safety Guidelines

- **Listen to your body:** Stop if you feel dizzy or uncomfortable
- **Avoid during heavy bleeding:** Practice gentle movements only
- **Modify as needed:** Sit or use support if standing is difficult
- **Consult healthcare providers:** Especially if you have medical conditions
- **Start slowly:** Gradually build up practice time and intensity

Practice Schedule Recommendations

Throughout Menstrual Cycle

- **Menstrual Phase (Days 1-5):** Gentle standing meditation, movements 3, 5, 6
- **Follicular Phase (Days 6-13):** Full Baduanjin sequence, increase duration
- **Ovulation (Around Day 14):** Energetic practice, all movements
- **Luteal Phase (Days 15-28):** Calming practice, focus on breathing

Daily Practice Structure

- **Warm-up:** 2-3 minutes gentle movement
- **Standing meditation:** 5-15 minutes
- **Baduanjin sequence:** 10-20 minutes
- **Cool-down:** 2-3 minutes relaxation

Additional Resources

- periodhub.health video demonstrations
- Traditional Chinese Medicine practitioners
- Qigong and Tai Chi classes
- Online guided practice sessions
- Books on Traditional Chinese health practices

For more resources visit: www.periodhub.health

Consult qualified instructors for proper technique guidance