

- exhale and relax
- body erect (don't lean)
- flow from the center (dantien)
- hands/arms move with weight shift
- move in slow motion
- softness and continuity
- focus on soles of feet



**BALANCE**  
ying / yang  
empty / full  
stillness / movement

## Yinning and Yanging (9x, each side)

1. bend knees, sink down
  2. shift weight to right foot, (leg becomes 'yang' or 'full')
  3. left foot forward, heel to ground (leg becomes 'yin' or 'empty')
  4. move forward, transfer weight fully to front foot; back heel releases
  5. move back, shift weight to back leg; front toes release
  6. alternate forward-backward movement
- repeat sequence, with right leg forward



### Stillness Pose

*ALWAYS begin + conclude each movement with **Stillness Pose***

Diagram of a person in the Stillness Pose with labels: "relax jaw", "tip of tongue on upper palate", "relax shoulders", "palms face ground", "soften knees", "heels together, 'v' shaped", "no muscular tension", "Dantien", "breathe into dantien".

**Dantien (Sea of Qi)**  
3 fingers width below navel and  
3 fingers width inside body

## Bird Flaps its Wings (3 sets of 3)

1. knees bend to shift weight to balls of feet
  2. heels release, flip wrist up
  3. hands and heels return to starting position
- 3 wrist circles on 3rd sequence

## Rocking Motion (9x)

1. feet comfortably apart, parallel
  2. simultaneously bend knees, weight shift forward to balls of feet, palms up, float up to shoulder level
  3. bend knees, come back to flat feet, palms face down to return
- front-back weight shift continually



*“the effort of no effort”*





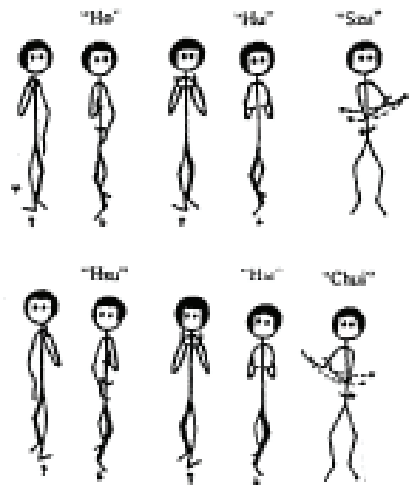




## Six Healing Sounds

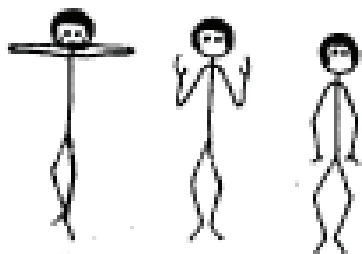
- step forward with weight shift, back heel stays down
- hands go forward from the heart
- palms in same direction of weight shift
- aspirate sound with each movement

- HO** Heart, (Fire)
- HU** Spleen (Earth)
- SZU** Liver (Wood)
- HSU** Lungs (Metal)
- HSI** 3 Heaters (Fire)
- CHUI** Kidneys (Water)



## Cosmic Consciousness Pose

- left heel rests on right ankle
- weight evenly distributed
- fingers overlap, not touching
- left palm closest to heart
- breathe into Dantien
- conclude with **Stillness Pose**

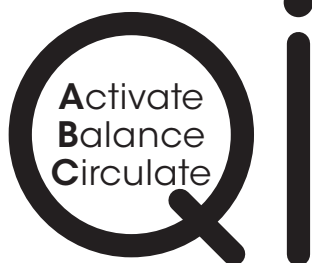


## Stillness Pose

ALWAYS begin + conclude each movement with **Stillness Pose**



may the Qi  
flow with you



- exhale and relax
- body erect (don't lean)
- flow from the center (dantien)
- hands/arms move with weight shift
- move in slow motion
- softness and continuity
- focus on soles of feet

\*stick figures by Evangeline Bratt