



Turn Head/Neck Stretch (x 2 per side) Owl Gazes Backwards: (Sit or Stand)

- Back Straight, Shoulders Down
- Turn Only Head NOT Trunk
- Breathe In; Rise Up through your Core
- Breathe Out; Turn Neck **Left** almost all the Way
- Breathe In & Rise Up: Twist More Left as you Breathe Out – Roll Eyes Up & Around
- One more In Breath, Rise up, then Breathe Out & Return to Front/Center **REPEAT:** Turning Neck to **Right**

Hip Circles: (Hula Hoop)

- Hands on Hips; Circle Hips Around; Full Breath In/Out – Each Circle;
- Use Legs alternating bend in knees to shift weight.
- Hips always opposite of shoulders. Start small, grow circle with reps **REPEAT:** 3-5x's Both Directions

Draw the Bow: (No step, or archer stance or horse stance step)

- Mountain Stance, Breathe In; Arms Up/Crossed in Front.
- Breathe Out(With Optional:step), Bend Knees, tuck belly button. Inside Hand/Arm Stretch to Side like Arrow With
Arm Straight; Wrist Bent; Finger Points Up.
- Other Hand/Arm Up in front of armpit like gripping Bow. Elbow pulls toward wall. Shoulder Down.
- Breathe In; Stretch More; Do Kegel
- Breathe Out; Straighten Knees (or optional step to return); Return Arms to Center and Cross **REPEAT:** For Other Side (4 sets total)

Empty the Vessel: (Center, Left Corner, Center, Right Corner, Center)

- Breathe In; Legs in Mountain Stance (parallel and hip width apart) Tall back
- Breathe Out; Roll Down; Hang; Arms Hang with Palms Up optional. Soft Knees
- Bend Knees; Breathe In; Roll Up; Breathe Out; Press Shoulders Back; Arms Press Down; Wrists Bent (Roll Back, Center, Sink)
- Shift Weight to Right; Turn Left Leg; Center Weight; Roll Down...
- Center Feet & Weight; Roll Down...
- Shift Weight to Left; Turn Right Leg; Center Weight; Roll Down...
- Center Feet & Weight; Roll Down...

Turning the Sky Post: (Extension Twist)

- Arms Up and Breathe In; Arms Push Out to Sides Like Pushing the Walls Away during Out Breath.
- Breathe In; Roll Shoulders Back & Down; Turn Palms Up
- Twist at the waist and Breathe Out; Breathe In and Stretch fingers outward/downward to infinity
- Twist More; Breathe Out. One more breath in Reach with fingers
- Breathe Out & Return to Front/Center. Float hands down or continue to other side. **REPEAT:** For Other Side (2 sets total, work your way up to 3 or 4 if neck is not tense)

Punching: (with Horse Stance Step or Small Step. Focus your eyes to the distance)

- Step to Left; Breathe out & Punch
- Breathe In and “Grab” with Hand
- Breathe Out, Return Hand the Side and Step back to Middle.
- Repeat Right **REPEAT: 4x’s** Both Sides

Heaven & Earth:

- Hold the Ball; Left Arm Straight Front, Palm Down; Right Arm Out, Palm Up
- Breathe In; Top Hand Passes Down; Bottom Hand Moves Up, and this Palm Turns around. Bend knees, tuck hips.
- Breathe Out; Turn Head & Lower Arm/Hand to Left Side (Caress the water) (optional Step Out)
- In Breath, increase the palm reach to earth and Heaven. Tighten your pelvic floor.
- Breathe Out; Straighten Legs (or Step Back In); Turn to Center; Turn Palms to Hold the Ball.
- Arms Pass; In Breath; Bend Knees. Low Hand to Top and Turn Palm around; Top Hand Palm down to Bottom
- Breathe Out; Turn Head to Center & Turn palms to Hold the Ball; Straighten Legs.
REPEAT: For Both Sides (4 sets total)

Whole Body Stretch:

- Rise Up; Breathe In; Stretch Arms Up (lightening rod)
- Back Straight; Bend Over; Hang Down
- Pat Legs All Over/Flow the Chi (breathe normally) Soft Knees
- Breathe In & Out, expand the back and ribs
- Bend Knees; Tuck Hips, Place Hands at InStep of foot
- Rise Up with Chi around the legs to the kidneys during In Breath
- Keeping hands on kidneys; Bend Back; Breathe Out **REPEAT:** (4 sets total) (Engage Abs and Glutes)