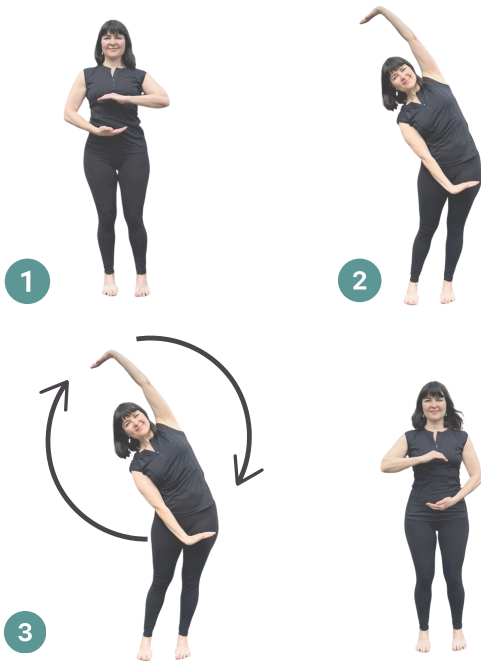




# Flowing Movement with Breath

## SEPARATING HEAVEN & EARTH Variation



1. Starting Position: Feet hip-distance apart with legs straight, hold a 'ball' of energy in front of solar area with Left palm facing upward near navel, and Right palm downward in front of heart space.
2. EXHALE: Right palm faces upward, reaching upward through the heel of the hand, while reaching Left palm facing downward to the ground to separate Heaven and Earth.
  - a. You can reach upper arm towards sky, or gently arc to the side as in photo.
3. INHALE: Spiral in a big circle arms outward, then back to your solar area with the Right hand in front of navel, and Left hand in front of your heart space.

Now you're in position to do the same flow on the other side (each up through Left palm, Right palm pushes down towards the ground). Continue 3 or more slow repetitions.

## TWISTING PRAYER



1. Starting Position: Stand with feet wide apart and toes pointing outward about 45° and hands in Prayer-Anjali Mudra.
2. EXHALE: Bend your Right knee over your ankle (not over your toes).
3. Twist hands, arms and shoulders in the direction of the bent knee.
4. Gently turn head the other direction. Feel the wringing action and twisting action through the whole spine, neck and ribs and lungs.
5. INHALE: Back to the starting position.

Continue with 3 or more repetitions.

\*Movements 2-4 happen all at the same time in a soft flow with breath. Try not to over-twist or over-do by only going into it about 70% of what is possible for your body.

Options:

- Place feet hip distance apart, or sit on a chair or cushion.