

HEART MOVEMENT

Beginner level

Standing position:

Feet centerline, knees bent, pelvic tilt forward, shoulders down and relaxed, arms at your side, eyes on focal point centerline, feet rooted.

While inhaling rotate your right hand in and up to centerline knuckles facing in, palm out.

While exhaling rotate hand and arm inside out up thru centerline above head, knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and pull down thru centerline until arm is parallel to the ground.

While inhaling rotate your right hand inside out pulling into centerline.

While exhaling rotate your right hand and arm inside out up thru centerline above head, knuckles facing in, palm out.

Continuing exhaling and rotate your right hand palm in and rotate foot to a 45 * angle (use the inside/outside-outside inside technique for foot movement) pulling hand down thru that 45* angle until the arm is parallel to the ground.

While inhaling rotate your right hand inside out pulling back into centerline while rotating foot back to centerline. Use inside outside technique.

While exhaling rotate your right hand and arm inside out up thru centerline above head, knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate foot to a 90* angle (use the inside/outside-outside inside technique for foot movement) pulling your right hand down thru that 90* angle until the arm is parallel to the ground.

While inhaling rotate your right hand inside out pulling back to centerline while rotating foot back to centerline. Use inside outside technique.

While exhaling rotate your right hand and arm inside out up thru centerline above head, knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate foot to a 135* angle (use the inside/outside-outside inside technique for foot movement) pulling your right hand down thru that 135* angle until the arm is parallel to the ground.

While inhaling rotate your right hand inside out pulling back to centerline while rotating foot back to centerline. Use inside outside technique.

While exhaling rotate your right hand and arm inside out up thru centerline above head, knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate foot to a 180* angle (use the inside/outside-outside inside technique for foot movement) while also allowing your hips and shoulders to rotate 180* pulling your right hand down thru that 180* angle until the arm is parallel to the ground.

While inhaling rotate your right hand inside out pulling back to centerline while rotating foot back to centerline. Hips and shoulders rotate 90* back to starting position.

Release and relax. Repeat opposite side.

Intermediate level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on focal point centerline, strong awareness of connection of trigger points (knees-hips-shoulders, feet rooted to mother earth).

While inhaling into your Hara rotate your right hand in and up to centerline gathering Chi with pinky-ring-middle-index and thumb, knuckle facing in, palm out and elbow centerline.

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and pull down thru centerline from the palm heel until arm is parallel to the ground, palm facing in, knuckles out.

While inhaling rotate hand and arm back in to centerline gathering Chi with pinky-ring-middle-index and thumb.

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate your right foot to a 45* angle using the inside/outside-outside inside technique pulling your right hand down thru that 45* angle from the palm heel until the arm is parallel to the ground.

While inhaling rotate your right hand and arm back into centerline gathering Chi with pinky-ring-middle-index and thumb while rotating your right foot back to centerline. Use inside outside technique.

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate your right foot to a 90* angle using the inside/outside-outside inside technique pulling your right hand down thru that 90* angle from the palm heel until the arm is parallel to the ground.

While inhaling rotate your right hand and arm back into centerline gathering Chi with your pinky-ring –middle-index and thumb while rotating your right foot back into centerline. Use inside outside technique.

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate your right foot 135* angle using the inside/outside-outside inside technique pulling your right hand down thru that 135* angle from the palm heel until the arm is parallel to the ground.

While inhaling rotate your right hand and arm back into centerline gathering Chi with pinky-ring-middle-index and thumb while rotating your right foot back into centerline. Use inside outside technique.

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra knuckles facing in, palm out.

Continue exhaling and rotate your right hand palm in and rotate your right foot to a 180* angle and your hips and shoulders 90* using the inside/outside-outside inside technique pulling your right hand down thru that 180* angle from the palm heel until the arm is parallel to the ground.

While inhaling rotate your right hand and arm back into centerline gathering Chi with pinky-ring-middle-index and thumb while rotating your right foot, hips and shoulders back into centerline.
Use inside outside technique.

Release and relax. Repeat using opposite side.

Advanced level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on centerline focal point and beyond, strong awareness of connection of trigger points (knees-hips-shoulders), steel cable connections to father universe front and rear from knees-hips-shoulders, steel cable connection from coccyx to mother earth, feet rooted heavily to mother earth at the heels.

While inhaling thru your nose deeply into your Hara rotate your right hand in and up to centerline gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks knuckles facing in, palm out and elbow centerline.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your right hand and arm inside out and up thru centerline as though moving thru sand or bricks feeling the push from under your elbow to centerline above crown chakra. Knuckles facing in, palms out.

Continue exhaling and rotate your right hand palm and elbow in and down from the palm heel thru centerline as though moving thru sand or bricks until the arm is parallel to the ground.

While inhaling thru your nose deeply into your Hara rotate your right hand and arm back in to centerline as though moving thru sand or bricks gathering Chi with your pinky-ring-middle-index-thumb keeping elbow centerline.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your right hand and arm inside out and up thru centerline as though moving thru sand or bricks feeling the push from under your elbow to centerline above crown chakra. Knuckles facing in, palms out.

Continue exhaling and rotate your right hand palm and elbow in gathering Chi with pinky-ring-middle-index-thumb while rotating your head and lower extremity to a 45* angle from the hip-knee-foot using the inside outside technique (weight transfer to non movement side) while pulling down from your right hand palm heel

thru that 45* angle as though moving thru sand or bricks, keeping the elbow in line with the shoulder and wrist, until the arm is parallel to the ground.

While inhaling thru your nose deeply into your Hara rotate your right hand and arm and your head and lower extremity back into centerline as though moving thru sand or bricks gathering Chi with your pinky-ring-middle-index-thumb keeping elbow centerline. Opposite side remains stationary.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your right hand and arm inside out and up thru centerline as though moving thru sand or bricks feeling the push from under your elbow to centerline above crown chakra. Knuckles facing in, palms out.

Continue exhaling and rotate your right hand and elbow in, gathering Chi with pinky-ring-middle-index-thumb and your head and lower extremity to a 90* angle from the hip-knee-foot using the inside outside technique (weight transfer to non movement side) while pulling down from your right hand palm heel thru that 90* angle as though moving thru sand or bricks, keeping the elbow in line with the shoulder and wrist, until the arm is parallel to the ground.

While inhaling thru your nose deeply into your Hara rotate your right hand and arm and your head and lower extremity back into centerline as though moving thru sand or bricks gathering Chi with your pinky-ring-middle-index-thumb keeping elbow centerline. Opposite side remains stationary.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your right hand and arm inside out and up thru centerline as though moving thru sand or bricks feeling the push from under your elbow to centerline above crown chakra. Knuckles facing in, palms out.

Continue exhaling and rotate your right hand palm and elbow in, gathering Chi with pinky-ring-middle-index-thumb and your head and lower extremity to a 135* angle from the hip-knee-foot using the inside outside technique (weight transfer to non movement side) while pulling down from your right palm heel thru that 135*

angle as though moving thru sand or bricks, keeping the elbow in line with the shoulder and wrist, until the arm is parallel to the ground.

While inhaling thru your nose deeply into your Hara rotate your right hand, arm and your head and lower extremity back in to centerline as though moving thru sand or bricks gathering Chi with your pinky-ring-middle-index-thumb keeping elbow centerline. Opposite side remains stationary.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your right hand and arm inside out and up thru centerline as though moving thru sand or bricks feeling the push from under your elbow to centerline above crown chakra. Knuckles facing in, palms out.

Continue exhaling and rotate your right hand palm and elbow in, gathering Chi with pinky-ring-middle-index-thumb and the head and lower extremity to a 180* angle from the hip-knee-foot using the inside outside technique (weight transfer to non movement side) and hips and shoulders 90* while pulling down from the right hand palm heel thru that 180* angle as though moving thru sand or bricks, keeping the elbow in line with the shoulder and wrist, until the arm is parallel to the ground.

While inhaling thru your nose deeply into your Hara rotate your right hand, arm, head and lower extremity back in to centerline as though moving thru sand or bricks gathering Chi with your pinky-ring-middle-index-thumb keeping elbow centerline. Opposite side remains stationary.

Release and relax. Repeat opposite side.