

## **HEAVEN and EARTH (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 hands in and up to centerline touching knuckles to knuckles.

While exhaling rotate hands and arms inside out up thru centerline above head touching knuckles to knuckles using only 1/3 of your breath. (pause)  
Hold breath and stretch to heaven.

While exhaling move hands and arms out and down to starting position.

Release and relax.

## **HEAVEN and EARTH (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 hands in and up to centerline gathering Chi with pinky-ring-middle-index and thumb touching knuckles to knuckles and elbow to elbow. (pause)

While exhaling rotate hands and arms inside out pushing up thru centerline from under your elbows above crown chakra touching knuckles to knuckles using only 1/3 of your breath. (pause) Hold breath. Stretch to heaven.

Continue exhaling moving your hands and arms out and down gathering Chi with pinky-ring-middle-index-thumb and engaging your wrist keeping your shoulders back and elbows forward finishing at starting position.

Release and relax.

## **HEAVEN and EARTH (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 hands in and up to centerline gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks touching knuckles to knuckles and elbow to elbow.(pause)

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 hands and arms inside out and up thru centerline as though moving thru sand or bricks, feeling the push from under your elbows, to centerline above crown chakra knuckles to knuckles using only 1/3 of your breath. (pause)

Hold breath. 4 inch stretch to heaven as in a chiropractic adjustment starting from the coccyx up along the spine to crown chakra. Continue exhaling, moving your hands and arms out and down, as though moving thru sand or bricks, gathering Chi with pinky-ring-middle-index-thumb and engaging the wrist, keeping the shoulders back and elbows forward, to starting position.

Release and relax.