

SHOULDER ROTATE TRACE (bi-lateral)

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 in, palm out.

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

While inhaling rotate your right hand and arm inside out down thru centerline.

While exhaling rotate your right hand and arm inside out and up thru centerline above your head.

While inhaling rotate your right hand and arm inside out down thru centerline.

While exhaling rotate your right hand and arm inside out and up thru centerline above your head.

While inhaling rotate your right hand and arm inside out down thru centerline.

While exhaling release and relax to starting position.

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 facing out.

While inhaling rotate your right hand and arm inside out pulling down thru centerline from under your elbow.

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 facing out.

While inhaling rotate your right hand and arm inside out pulling down thru centerline from under your elbow.

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 facing out.

While inhaling rotate your right hand and arm inside out pulling down thru centerline from under your elbow.

While exhaling release and relax to starting position.

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.

While inhaling deeply into your Hara rotate your right hand and arm inside out pulling down thru centerline as though moving thru sand or bricks feeling the pull from under your elbow.

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.

While inhaling deeply into your Hara rotate your right hand and arm inside out pulling down thru centerline as though moving thru sand or bricks feeling the pull from under your elbow.

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.

While inhaling deeply into your Hara rotate your right hand and arm inside out pulling down thru centerline.

While exhaling, release and relax to starting position.

Repeat movement left side.