

THE GATHERING

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 out to centerline, palm up.

While exhaling rotate your right hand down in an “S” motion.

Continue exhaling while rotating your right hand up in a backward “S” motion completing a figure “8” movement, palm down.

While inhaling rotate your right hand in, palm up.

While exhaling rotate your right hand in, palm down and release and relax to your starting position. Repeat using 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 out to centerline gathering Chi with pinky-ring-middle-index and thumb, palm up and elbow centerline.

While exhaling rotate your right hand down in an “S” motion. At the bottom of the “S” continue exhaling while rotating your right hand in and up gathering Chi with your pinky-ring-middle-index-thumb and completing a backward “S” motion completing a figure “8” movement, palm down.

While inhaling rotate your right hand in, palm up, gathering Chi with your pinky-ring-middle-index-thumb. While exhaling rotate your right hand in, palm down and release and relax to your starting position.

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 out to centerline gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks, palm up 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 down in an “S” motion as though moving thru sand or bricks.

At the bottom of the “S” continue exhaling while rotating your right hand in and up gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks and completing a backward “S” motion completing a figure”8” movement, palm down.

While inhaling thru your nose deeply into your Hara rotate your right hand in, palm up, gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks, palm up 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 in and down as though moving thru sand or bricks and release and relax to your starting position.

Repeat using opposite side.

