

THE LAIR

Beginner level

Standing position:

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

Crane. While inhaling, rotate your hands in and forward to centerline, palms facing forward. While exhaling, rotate your hands in, palms facing toward your body, fingers pointed down.

Mantis. While inhaling, draw arms up slightly past horizontal, wrist bent down and slightly in, fingers pointed down. Exhale.

Tiger. While inhaling, draw arms up to a vertical position, wrist bent, fingers pointed forward. Exhale.

Cobra. While inhaling, draw arms up, hands slightly over your head, wrist bent, fingers pointed forward. Exhale.

Eagles Beak. While inhaling, draw arms up overhead, wrist bent down, fingers pointed down. While exhaling, drop down. While inhaling raise up. While exhaling move arms and hands out and down to starting position. Release and relax.

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.

Crane. While inhaling into your Hara - Dantian (Tan-t'ian), rotate your hands in and forward to centerline palms facing forward, gathering Chi with your pinky, ring, middle, index and thumb.

While exhaling, rotate your hands in, palms facing toward your body, fingers pointed down.

Mantis. While inhaling into your Hara - Dantian (Tan-t'ian), draw arms up slightly past horizontal, wrist bent down and slightly in, fingers pointed down to centerline. Exhale.

Tiger. While inhaling into your Hara - Dantian (Tan-t'ian), draw arms up to a vertical position, wrist bent , fingers pointed forward to centerline. Exhale.

Cobra. While inhaling into your Hara - Dantian (Tan-t'ian), draw arms up, hands slightly over Crown Chakra.

Wrist bent, fingers pointed forward to centerline. Exhale.

Eagles Beak. While inhaling into your Hara - Dantian (Tan-t'ian), draw arms up over Crown Chakra, wrist bent Fingers pointed down to centerline.

While exhaling drop to Mother Earth.

While inhaling into your Hara - Dantian (Tan-t'ian), raise up.

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

Release and relax.

Advanced level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes centerline on 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. Move to five inch heels.

Crane. While inhaling thru your nose deeply into your Hara - Dantian (Tan-t'ian) rotate you hands in and forward toward centerline gathering Chi with your pinky-ring-middle-index and thumb as though moving thru sand or bricks.

While exhaling slowly and controlled from deep in your Hara -Dantian (Tan-t'ian) 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 in, palms facing your body, fingers pointed centerline down to Mother Earth.

Mantis. While inhaling thru your nose deeply into your Hara - Dantian (Tan-t'ian) draw your arms up slightly pass horizontal, wrist bent, fingers pointed centerline down to Mother Earth. Lockout position, elbows in.

Exhale slowly and controlled from deep in your Hara - Dantian (Tan-t'ian), 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.

Tiger. While inhaling thru your nose deeply into your Hara - Dantian (Tan-t'ian), draw your arms up vertical, wrist bent, fingers pointed centerline out to Father Universe. Lockout position, elbows in.

Exhale slowly and controlled from deep in your Hara - Dantian (Tan-t'ian), 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.

Cobra. While inhaling thru your nose deeply into your Hara - Dantian (Tan-t'ian), draw your arms up and over Crown Chakra, wrist bent, fingers pointed centerline out to Father Universe. Lockout position, elbows in.

Exhale slowly and controlled from deep in your Hara - Dantian (Tan-t'ian), 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.

Eagle Beak. While inhaling thru your nose deeply into your Hara - Dantian (Tan-t'ian), draw your arms up and over crown chakra, wrist bent, fingers pointed centerline down to Mother Earth. Lockout position, elbows in.

While exhaling slowly and controlled from deep in your Hara -Dantian (Tan-t'ian) 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, drop quickly and heavily to Mother Earth.

While inhaling thru your nose deeply into your Hara - Dantian (Tan-t'ian), raise up.

While exhaling slowly and controlled from deep in your Hara -Dantian (Tan-t'ian) 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 move your arms and hands out and down to your starting position.

Release and relax.