

## **DRAGON and THE DOVE (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 to starting position.

While inhaling rotate your left hand in and up to centerline. Knuckles in palm out.

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

While inhaling rotate your left hand and arm inside out down thru centerline. (Repeat two more times).

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

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

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

While inhaling rotate your left hand and arm inside out down thru centerline to your right hip pinching your fingers and thumb together pointing to the right while moving your right hand up to your right hip fingers pointing forward.

While exhaling push your right hand to the left and pull your left hand to the left. As you reach centerline rotate your right hand so that your fingers are pointing up. Continue exhaling and moving left to your left hip.

While inhaling change hand positions so that your right hand fingers and thumb are pinched and your left hand is open, fingers pointing out.

While exhaling push your left hand to the right and pull your right hand to the right. As you reach centerline rotate your left hand so that your fingers are pointing up. Continue exhaling and moving right to your right hip.

While inhaling change hand positions so that your left hand fingers and thumb are pinched and your right hand is open, fingers pointing out.

While exhaling push your right hand to the left and pull your left hand to the left. As you reach centerline rotate your right hand so that your fingers are pointing up.

Continue to exhale as you release and relax.

## **DRAGON and THE DOVE (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 to starting position. As your right hand and arm move to starting position while inhaling into your Hara rotate your left 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 left 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 left hand and arm inside out pulling down thru centerline from under your elbow. (Repeat two more times.)

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

While exhaling rotate your left 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 left hand and arm inside out pulling down thru centerline from under your elbow to your right hip pinching your

fingers and thumb together while also rotating your head to the right, while moving your right hand up to your right hip, fingers pointing forward.

While exhaling push your right hand to the left and pull your left hand to the left rotating your head to the left at the same time.

As you reach centerline rotate your right hand so that your fingers are pointing up. Continue exhaling and moving left to your left hip. Keep your head moving as well.

While inhaling rotate your hands in opposite directions, right hand starting over and to the front, left hand starting under and to the rear, changing hand positions so that your right hand fingers and thumb are pinched and your left hand is open, fingers pointing forward.

While exhaling push your left hand to the right and pull your right hand to the right while rotating your head to the right.

As you reach centerline rotate your left hand so that your fingers are pointing up. Continue exhaling and moving right to your right hip. Keep your head moving as well.

While inhaling rotate your hands in opposite directions, left hand starting over and to the front, right hand starting under and to the rear, changing hand positions so that your left hand fingers and thumb are pinched and your right hand is open, fingers pointing forward.

While exhaling push your right hand to the left and pull your left hand to the left rotating your head to the left at the same time. As you reach centerline rotate your right hand so that your fingers are pointing up. Continue to exhale as you release and relax.

## **DRAGON and THE DOVE (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 your left hand rotates in and up thru centerline, as though moving thru sand or bricks, exchanging Chi with your right hand at center Hara level. Your right hand continues to move to starting position while your left hand moves to centerline position.

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 left 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 left hand and arm inside out pulling down thru centerline as though moving thru sand or bricks feeling the pull from under your elbow. (Repeat two more times.)

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 left 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 left 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 left 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 left hand and arm inside out pulling down thru centerline as though moving thru sand or bricks feeling the pull from under your elbow to your right hip, pinching your fingers and thumb together pointing to the right while moving your right hand up to your right hip fingers pointing forward.

While exhaling slowly and controlled from deep in your Hara, up thru your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth, push your right hand to the left and pull your left hand to the left, as though pushing thru sand or bricks, while rotating your head to the left.

Head movement follows hand movement. As you reach centerline rotate your right hand so that your fingers are pointing up. Continue exhaling and moving left to your left hip. Keep your head moving as well.

While inhaling rotate your hands in opposite directions, as though moving thru sand or bricks, right hand starting over and to the front, left hand starting under and to the rear, changing hand positions so that your right hand fingers and thumb are pinched and your left hand is open, fingers pointing forward.

While exhaling slowly and controlled from deep in your Hara, up thru your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth, push your left hand to the right and pull your right hand to the right, as though pushing thru sand or bricks, while rotating your head to the right.

Head movement follows hand movement. As you reach centerline rotate your left hand so that your fingers are pointing up. Continue exhaling and moving right to your right hip. Keep your head moving as well.

While inhaling rotate your hands in opposite directions, as though moving thru sand or bricks, left hand starting over and to the front, right hand starting under and to the rear, changing hand positions so that your left hand fingers and thumb are pinched and your right hand is open, fingers pointing forward.

While exhaling slowly and controlled from deep in your Hara, up thru your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth, push your right hand to the left and pull your left hand to the left, as though pushing thru sand or bricks, while rotating your head to the left.

Head movement follows hand movement. As you reach centerline rotate your right hand so that your fingers are pointing up. Continue exhaling. Release and relax.