



807

Daily practice

With every part of this, go only as far, fast and long as you feel comfortable. a good target is to do eight reps of each movement, or to count slowly to eight and back down to one in the poses.

- Feet together, stand tall, practice resonant breathing (and keep it going all the way through).
- Gentle alternate elbow strikes to warm up, backwards and then downwards, twisting the waist and focusing on balance.
- Move your feet apart shoulder width or slightly wider.
- Shoulder rolls backwards and then forwards.
- Arm circles backwards and forwards, both arms at the same time.
- Alternate elbow strikes backwards and downwards with more energy now.
- Knee strikes, alternating sides. EITHER raise your arms above your head and then bring them down on either side of the knee as it you raise it as high as you can with plenty of energy OR raise alternate knees gently and slowly gently with arms extended outwards.



- Move your feet as wide as you feel comfortable.
- Gently bend forward and twist to take the left hand towards (or all the way to) the right foot with the opposite arm extended away; then reverse, so right hand to left foot with left arm extended away. Feel the twist in your spine.
- Bend forward, grip your ankles (or any part of the leg you can reach) and pull your head through your legs, or towards them.
- Come back up and, tensing your bottom muscles, lean back from the waist with arms extended upwards in a V shape. Relax your neck and let your head gently fall back. Go only as far as you feel comfortable. Slowly come back up.
- Keeping your feet well apart squat down, ideally so your thighs are horizontal, and push gently outwards on the insides of your knees with your elbows.
- Come up and stand tall with feet together to finish.

As with all of these physical practices, please be gentle with yourself.

Breath well and don't ever strain. Over time, with gentle practice, you will see natural progress, even if you feel very stiff at first. Be patient!