

## **STANCE FOR QIGONG/TAI CHI**

Feet should be parallel - -shoulder width apart.

Stomach relaxed.

Shoulders relaxed and down .

Space under armpits (put fist under armpits, then take away and that's where your arms should be.)

Hand relaxed as though resting, fingers slightly apart.

Lift head (as though a puppet dangling from a string).

Tuck chin in slightly,( focus straight ahead).

Tuck tailbone in.

The tongue should be resting just behind teeth and imagine a "polo" resting on the tongue.

Breathe in and out through the nose quietly

FINALLY .....TRY TO RELAX .....

23/9/12