

## 8 PIECES OF BROCADE

EACH MOVEMENT MAY BE REPEATED 4 - 8 TIMES

### SUPPORTING THE SKY: (triple burner energiser)

Start with hand to your sides - curve forward - reaching up palms upwards (to support the sky) hold for count of 3 bring hands down.

(After each movement. Curve to side then "bird" up over top of head and wash energy down.)

### PULLING THE BOW (lung meridian)

Imagine hugging a tree have your left hand outside turn to your L. index finger upwards and thumb form "v" shape. With the other hand loosely clasp bow- pull back keeping elbow up and change weight to R. leg... - release bow ..come to centre. Repeat other way...

### SUPPORTING SKY AND PUSHING EARTH(stomach and Spleen)

R. arm in ward off position- L hand spirals up whilst R. hand presses down (centre of body) R. hand then drops down inside to centre of body ... repeat. Other side.

### LOOKING OVER THE SHOULDER (conception and governing Vessel)

Hands to sides - palm upwards up to chest height- press down - palms down- turn hand to either side - look over L shoulder then hands back to centre. Repeat other side..

### WATER FROM BUBBLING SPRING TO COOL HEART.

Wide stance - lean diagonally to R. then centre then L. (pulling up kidney energy to cool worries of the heart)