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SUPPORTING DANTIEN

Form diamond shape around dantien with two hands - run hands round to centre of back - support the back and stretch. Start to move the trunk forward (don't look down - look forward) run hands round the lower back, legs ,over toes (if possible) slowly straighten up - head is the last thing to lift.. Repeat.

BRINGING BACK ENERGY - horse riders stance.

Hands to waist - loose fist upwards - L. hand - as you punch turn fist downwards- then upwards as you bring back to waist.(to count of eight (moving slightly at waist).

RELEASING YOUR WORRIES

Charlie chaplin feet - hands upwards at dantien - move hands up to chest - turn palms down - press down and at same time lift heels - lower heels and just feel the vibrations. Repeat.

FINALLYwith knees soft just bounce.....

13/5/12.