

Key points for enhanced practice:

Breathing into the center of the body, expanding into the belly

- Breathing is a reflection of how we feel, sending the message to the body to relax, clear stress, and recharge the body's organ systems
- Diaphragmatic breathing is longer, slower and deeper
- The breath is our energy it flows in, circulates and releases through a relaxed body to soften tension and tightness which in turn allows the body to open shed muscle guarding
- The Breath flows through the energy transforming points called Chakras
 - The Meridians service these points targeting the major organs and its tissues

Posture to Support the natural curves of the spine

- Posture of infinity, standing on bubbling well (an acupuncture point at ball of foot) with flat and relaxed feet.
- Stack the boxes over the instep of the feet to feel centered, balanced and open
- Head placement is very important for balance, head balanced lightly on neck
- Visualize holding ribbons around shoulders and hips to engage pelvic and shoulder girdles

Keeping core (torso) strong and lifted without feeling rigid

- Engage midriff (couching muscles) to connect upper body to lower body to create a strong place from which to move arms and legs
- Movement from long spacious spine and keeping center of gravity (hips) over base of support (feet) while moving in any direction enables strong, gentle, powerful and flowing movements
- Be mindful of soft, slow, smooth, circular, rhythmic, flowing and fluid movement as one movement ends, the next begins.

Transferring weight from one leg into the other moving from the hips

- Energy from the ground comes in at the feet, is directed by the hips and is expressed or released out through the hands
- The Movement is a relaxed, sequential and coordinated movement
 - as if moving through water to feeling limber and fluid
 - let elbows feel heavy and attached at the hip, as you move the arms will follow

Note: Empty stance vs full stance

- You can only move into a direction of the free foot (partial weight in one leg and foot) while the other foot is planted into the floor (majority of the weight is in that leg and foot). Creating the empty stance
- You can move into any direction when both feet are planted into the floor

The goal is to become more open, to calm the mind through fuller breathing, to absorb, circulate, and release energy

Remember to breathe deeply expanding into the belly, breathing into the center of the body.