

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

5. Opening and Closing Hands



a.
Bring the hands
to the front of
the chest.
(hands should
be about head
width apart)



b.
Breathing in,
open the hands.
(hands should
be about shoul-
der width apart)

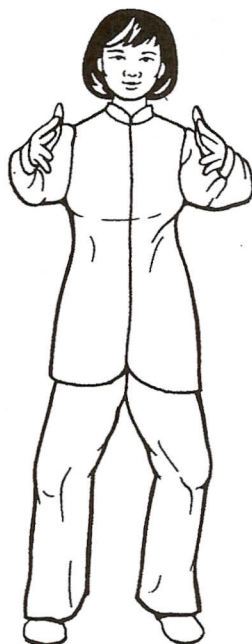


c.
Breathing out,
push the hands
towards each
other.
(hands should
be about head
width apart)

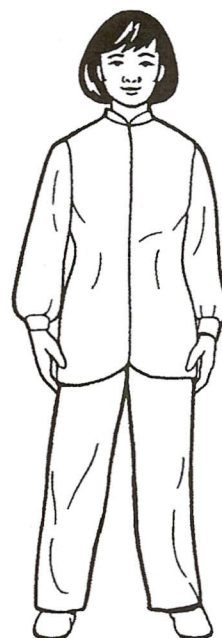
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6. Closing Movement



d.
Stretch both
hands forward.



e.
Straightening
the knees and
breathing out,
slowly lower the
arms.