

THE 6 ADVANCED MOVEMENTS

All positions represented as mirror image.

10. Pushing the Mountain



a.

Stepping forward on to the left foot, push both palms forward.

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11. Opening and Closing Hands



a.
Moving the right heel and ball of the left foot, turn to face the front.
(hands should be about head width apart)



b.
Bring the hands to front of the chest.
(hands should be about shoulders width apart)

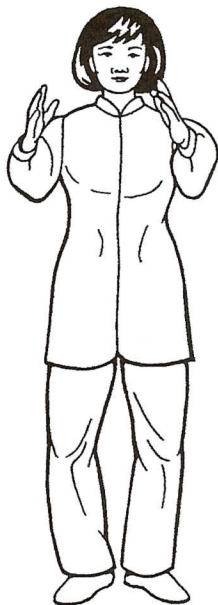


c.
Breathing in, open the hands.
(hands should be about head width apart)

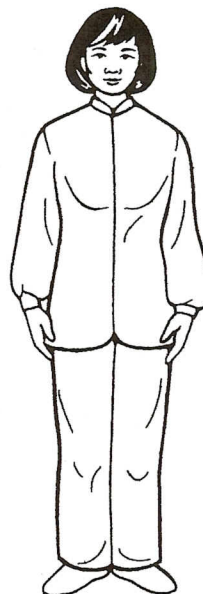
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12. Closing Movement



a.
Stretch both of the
hands forward.



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