

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 system
- Breathing 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 their tissues

Posture to Support the natural curves of the spine

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

Keeping core (torso) strong and lifted and spacious

- Engaging midriff (couching muscles) to connect upper body to lower body creating a strong place from which to move arms and legs
- Movement from long tall spine and keep 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 and the other begins.

Transferring weight from one leg into the other in order to move 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 relaxed, sequential and coordinated movement
 - as if moving through water to feel limber and fluid
 - let elbows 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 and calm the mind through fuller breathing

To absorb, circulate, release and store energy

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