

Relaxing exercise Number Four

Stand with feet parallel, shoulder width apart. The hands are palm up, resting in the hip joints (*qua*). The body is relaxed and seated, as in the number three exercise. **Figure 1**

Increase the pressure of the feet on the ground. Have an opening intention in the upper body. Release the pressure from the feet and allow the body to move upward, drawing the hands through the *qua*. By the time the legs are 90% straight, the hands should have reached the outside of the thigh. **Figure 2**

Relax down from the base, softening the chest and relaxing the shoulders to allow the arms to come round to the front. The left hand makes a light fist and is covered with the right hand at about mouth height. **Figure 3** Continue the downward relaxing at the base and relax the chest allowing the elbows to drop. Continue to sink as the hands drop down in front of the body, turning over the hands until palms are up and you are back in the starting position. **Figure 1**

Repeat this process. On the third time, when the fist is made, the chest relaxes, the elbows drop and the hands open as if reading a book. **Figure 4** As the elbows continue down, the palms come together as if praying and are drawn in towards the chest. **Figure 5**

Increase the pressure of the feet on the ground. The hands move outwards and slightly upwards as the shoulders sink, the thumbs and index fingers stay in contact. **Figure 6**

Relax from the base moving straight down until the elbows reach the knees; the thumbs touch the forehead and the thighs are parallel with the floor. **Figure 7 & 8**

Bend forwards, straighten the legs – without locking the knees – you are now bent over from the waist with the head and arms hanging down, looking through your legs. **Figure 9**

Swing the arms loosely forward and backward between the legs to open the shoulder joints. Keep the back still to avoid bouncing. **Figure 10** Swing the arms in a semi circle from side to side, again without moving the back. **Figure 11** Finally; shake the upper body in a rotational movement like a dog drying itself. **Figure 12**

Reach down to the toes and squat so that the thighs are parallel to the floor. **Figure 13** Start to push up from the base and keep the back relaxed and hanging. When the hands reached the knees finished the push up from the ground and unroll the back from the base of the spine, stacking all the vertebrae. **Figure 14** The head comes up last of all. The hands return to the *qua*, so you are ready to repeat the movement. **Figure 15**



Figure 1



Figure 2



Figure 3

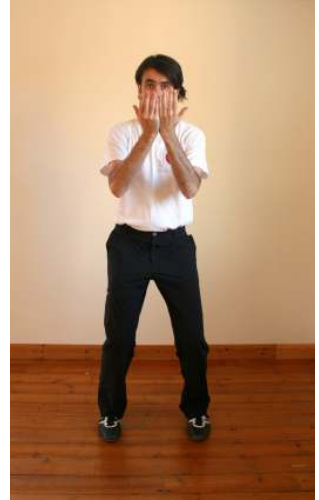


Figure 4



Figure 5



Figure 6



Figure 7

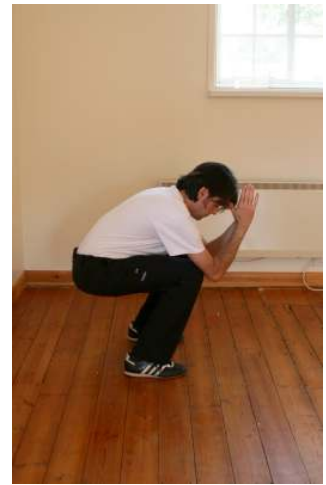


Figure 8



Figure 9



Figure 10



Figure 11



Figure 12



Figure 13



Figure 14



Figure 15