

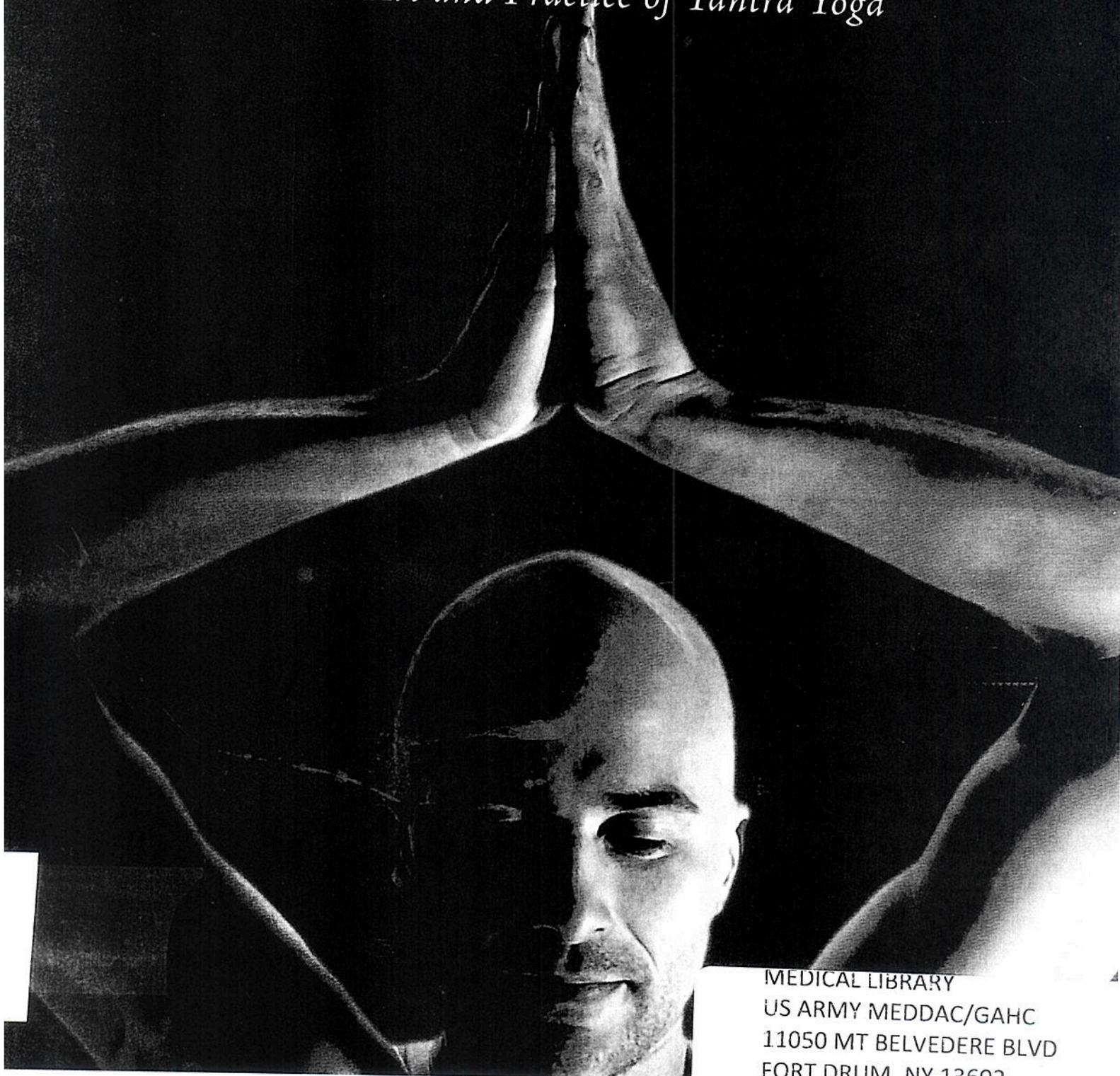
Chögyal Namkhai Norbu



Fabio Andrico

TIBETAN YOGA *of* MOVEMENT

The Art and Practice of Yantra Yoga



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Appendix 1

A Selection of Pre-Practice Warm-Ups

BEFORE BEGINNING A session of Yantra Yoga, it can be useful to do some simple exercises to warm up the body. Warming up will facilitate a more correct and comfortable sitting position and help you perform the various sequences of movements with greater ease. Although these exercises are not part of Vairochana's original instructions on Yantra Yoga, they have become part of the general approach to the practice. They are especially useful if you are fairly new to yoga or are not able to practice as often as you would like. In addition to training the body for specific Yantras, warm-ups are a good way to shake off tension and stress.

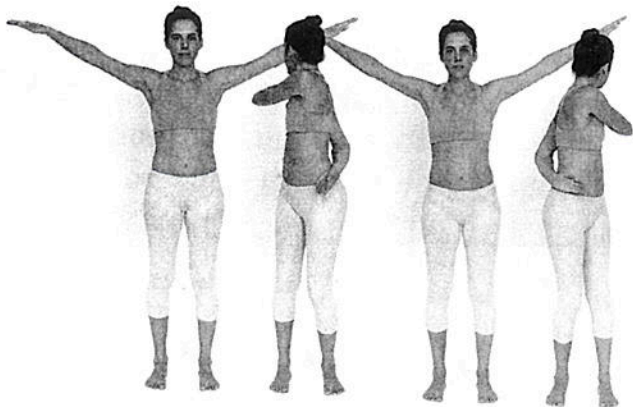
The exercises selected here address six main actions to harmoniously warm up and train the overall flexibility and tone of the body, and especially the spine: bending forward, arching backward, stretching the left side, stretching the right side, twisting to the left, and twisting to the right. If you have decided to concentrate on a particular series of Yantras during your session of practice, you can focus on warm-up exercises that will make those movements easier to perform and more precise. We have listed corresponding Yantras and movement types for the individual warm-ups to help you identify the exercises most relevant for your practice.

You do not need to do all the warm-up exercises suggested here, and in fact it is best to keep the length of your warm-up session in proportion to the actual practice of Yantra Yoga. Taking into account the amount of time you have, choose the warm-ups that are most effective for you. Whenever possible, coordinate your breathing with the movements. Let your inhalations and exhalations be relaxed, but filled with a sense of presence and energy, full of life. In almost all of the warm-ups, the quality of the breathing is complete, calm, and smooth. In general, inhale when the movement is expanding and exhale when closing or contracting.

Standing Warm-Ups

Start with a few standing poses if you like.

1. SWINGING



Stand relaxed yet present, feet parallel and at least a shoulder-width apart, and inhale, opening your arms wide to the side. Exhale and swing your arms around your hips, turning to one side and rotating your spine, letting your arms hang loose so that your hands alternately slap against the sides of your body as you swing. Inhale, coming back to the center while opening your arms wide to the side. Then exhale, turning to the other side. Repeat three to five times.

Training Focus: All movements involving torsion, in particular the 4th Tsigjong, the 3rd and 8th Lungsangs, the Conch, the Curved Knife, and the Eagle

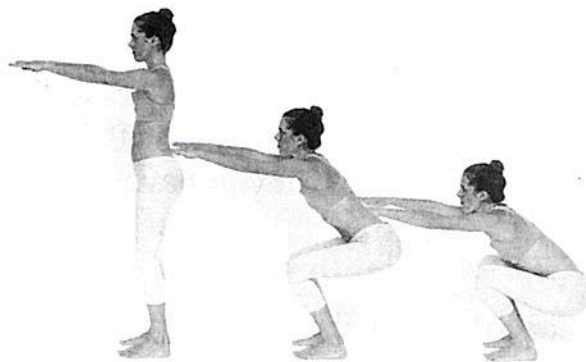
2. TREE



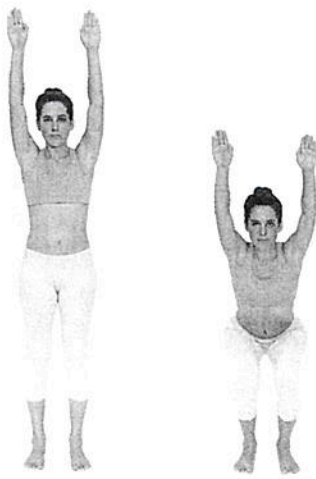
Stand relaxed yet present with your feet slightly apart and parallel, your arms along your sides. Use your hand to bring the sole of one foot to the top of the inner thigh of your other leg. Breathe calmly and balance on your standing leg. Focusing on an unmoving spot in the distance will help you maintain your balance. Join your palms in front of your chest and slowly raise your joined hands above your head, standing on one leg as long as the pose is comfortable and easy. Then slowly bring your joined hands back down to your chest as you lower your foot to the floor. Return to the starting position with your arms along your sides and then repeat on the other side, alternating several times.

Training Focus: All movements involving balancing in general, in particular the 2nd Tsadul

3. SQUAT



Stand relaxed yet present with your feet slightly apart and parallel, arms along your sides. Inhale, bringing your arms parallel in front at shoulder level. Exhale as you bend your knees and squat down toward your heels, going only as far as is comfortable and keeping your feet as flat on the floor as possible. Inhale, rising back up and keeping your arms in front. Repeat three to five times.



(a) Standing straight again, inhale, this time raising your arms straight up over your head, vertical from your shoulders and parallel. Squat down toward your heels as you exhale, keeping your back and your arms straight. Keep your arms stretched up, reaching vigorously and counterbalancing the downward stretch at the base of your spine. Inhale, rising back up. Exhale and slowly squat down toward your heels. Repeat three to five times.

Training Focus: All movements involving rising up and down, in particular the Dagger, the Half-Moon, and the Vulture

Seated Warm-Ups

When doing seated exercises, it is important to keep your back as straight as possible, without forcing or creating unwanted tension, but at the same time maintaining tone and energy.

4. SHAKING THE FEET

Sitting on the floor with your back straight and your legs parallel in front, grab one foot by the ankle with both hands, bring it in front of your torso, and shake it vigorously. Stretch the leg in front, then grab and shake the other foot. Continue to alternate for three to five repetitions.

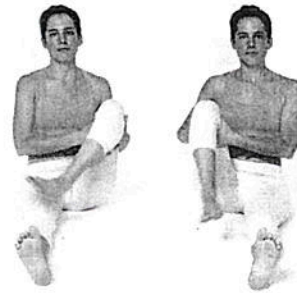
Let your breathing be continuous and relaxed, inhaling and exhaling through your nose. Keep your feet loose and relaxed and your shoulders open.



(a) Now grab both feet and shake them vigorously while balancing on your buttocks.

Training Focus: All movements actively involving the feet, in particular the 2nd Tsigjong

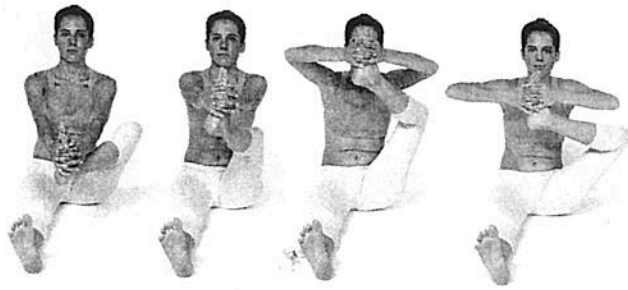
5. SWINGING THE LOWER LEGS



Sitting on the floor with both legs stretched in front or one leg bent so that your foot is near your perineum, grab your other leg above the knee joint with both hands, interlace your fingers, and swing your lower leg from side to side three to five times, keeping the leg and knee joint loose and relaxed. Repeat with the other leg, alternating several times.

Training Focus: All movements involving the knee joints and ankles

6. ROTATING THE LEGS



Sitting with your legs straight, grasp one foot firmly with both hands and inhale as you guide your foot up toward your forehead, then exhale as you lower it close to your body, down to the level of your navel. In this exercise, you basically draw large circles with your foot on a plane perpendicular to the center of your body. Repeat three to five times, then switch sides.

Training Focus: All movements involving knee and hip joints, in particular the 3rd Tsigjong, the Spider, and the Jewel

7. ROTATING THE LOWER LEGS

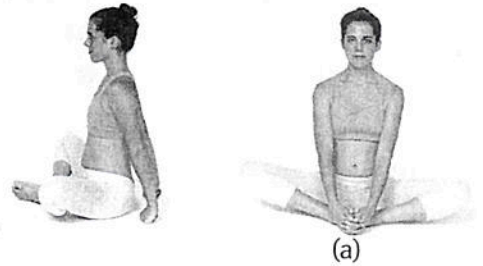


Sitting with one foot at your perineum, raise your other knee up and cradle it on your arms, clasping each arm just above the elbow or the wrists with your opposite hand. Keeping your back as straight as possible, inhale and exhale as you rotate your lower leg, drawing large circles in the air in front of you with your foot, first three to five times in one direction, then in the other. Then switch sides.

Training Focus: All movements involving knee joints and hamstrings, in particular the Tiger and the Jewel

8. BUTTERFLY

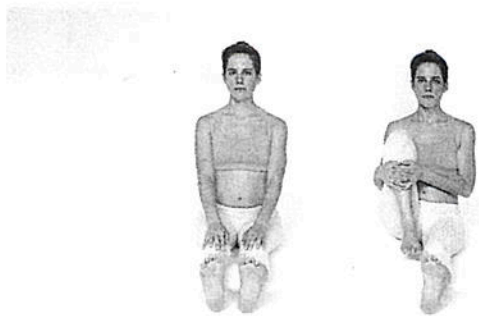
Sit with your back straight, your knees open, and the soles of your feet together with your heels close to your perineum. Keep your arms stretched along your sides, supporting yourself behind your back with your hands in fists or just flat on the floor. Keep your shoulders open and your back straight. Bounce your knees up and down toward the floor, opening as much as possible. Breathe calmly.



(a) For a variation, grasp your feet with both hands and keep bouncing your knees.

Training Focus: All movements involving knee and hip joints, many Yantras incorporating *tsokyil* position, in particular the 2nd and 3rd Tsigjongs, the Spider, the Lion, the Vulture, the Triangle, the Trident, and lotus position

9. KNEES TO THE CHEST



Sit with your legs straight in front. Inhale, then exhale while using both hands to pull one knee to your chest, keeping your foot suspended in the air in front of your perineum. Inhale as you stretch your leg back on the floor. Exhale and bring the other knee to your chest, continuing to alternate the sequence three to five times.

Training Focus: All movements involving knee and hip joints, in particular the Curved Knife, the Dove, and the Eagle

10. KNEES TO THE SIDE

Sitting with both legs in front of you, inhale, bringing one heel to your perineum with the opposite hand, and exhale calmly while gently pushing your knee toward the floor. Inhale, straightening the leg in front and bringing the other heel to your perineum, then exhale, gently pushing your other knee to the floor, repeating three to five times on each side.



(a) In a variation, inhale, bringing your foot on top of your thigh at your groin, and gently bounce your knee up and down with

your corresponding hand while calmly exhaling. Inhale, straightening your leg in front and bringing your other foot to the top of your other thigh, then gently bounce your knee up and down with the corresponding hand while calmly exhaling. Repeat three to five times on each side.

Training Focus: All movements involving knee joints, in particular the Conch, the Curved Knife, and the Eagle

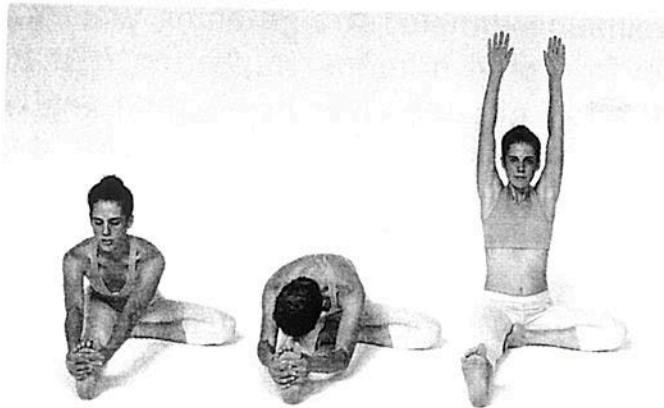
11. HIP AND KNEE RELAXER



Sitting on the floor, raise your knees up by planting your feet about a foot's length in front of your buttocks and a hip width apart, leaning back slightly and supporting yourself with your hands behind your back. Inhale, straightening your back, then exhale, lowering both knees to one side, with one knee coming to the floor close to your other foot and your other knee opening wide. Keep the movement loose and relaxed. Inhale, lifting both knees up to the starting position. Exhale, lowering your knees to the other side, continuing to alternate for three to five repetitions.

Training Focus: All movements involving the knee and hip joints, in particular the Turtle and the Tiger

12. KNEE TO THE SIDE FORWARD BEND

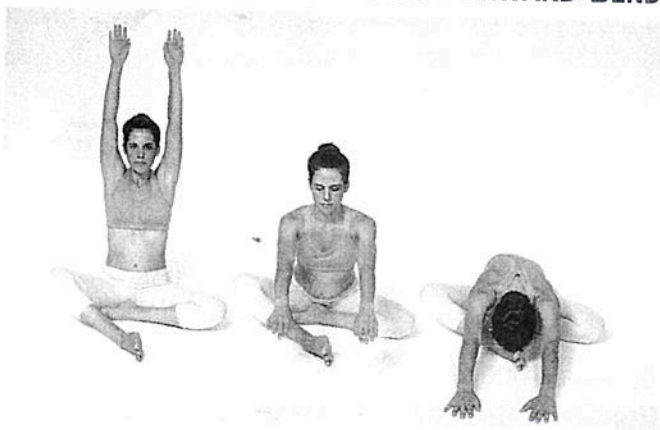


Start by sitting with your back straight and your legs stretched in front and parallel. Bring one foot to your perineum, close to the base of your thigh, with your knee on or toward the floor. Inhale, raising your arms straight over your head, keeping your spine straight. Exhale, bending forward from the base of your spine, moving your navel forward and allowing your spine to lengthen. Without forcing, try to bring your forehead toward the knee of your straight leg, wrapping your hands around your foot or ankle or just stretching toward your toes. Go only as far as you can with your back straight. Gradually bring your forehead closer to your knee and your fingers to or toward your toes, continuing to inhale and exhale. Switch sides and repeat, continuing to alternate the entire sequence three to five times.

Do this exercise only if it does not cause you to force or strain. Once you are sufficiently flexible, you can deepen the stretch by placing your foot on the top of the thigh at the groin.

Training Focus: All movements involving forward bending or the knee and hip joints, in particular the Conch, the Curved Knife, and the Eagle

13. BOTH KNEES TO THE SIDE FORWARD BEND



Sitting on the floor, place one foot at your perineum and the other two hand spans in front of your perineum, opening both knees outward and bringing them to or near the floor. Inhale, extending your arms straight above your head, and exhale, bending forward and bringing your forehead toward or to your front foot. Keep your arms stretched forward, if possible resting your hands on the floor. Stretch from the base of your spine and keep your back straight but not tense. Inhale, raising your arms back above your head, then exhale, bending forward. Repeat three to five times, then reverse the position of your legs and repeat again.

Training Focus: All movements involving forward bending or the knee and hip joints, in particular the Spider, the Lion, the Jewel, and lotus position

14. SOLES TOGETHER FORWARD BEND

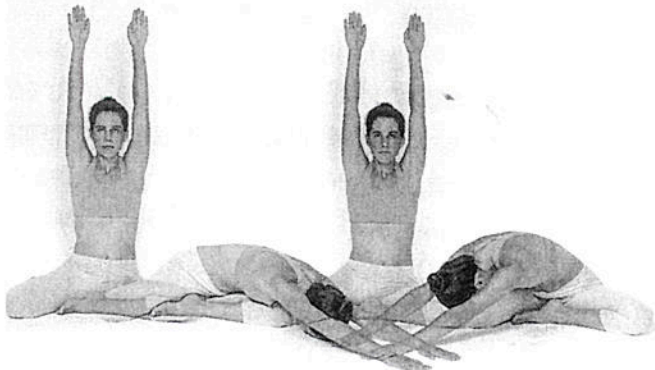


Bring the soles of your feet together two hand spans in front of your perineum, with your knees open to the sides and on or near the floor. Inhale, stretching your arms up. Exhale, bending forward from the base of your spine, and bring your forehead toward your extended feet. Keep your arms stretched out in front. You can also hold on to your feet to help lower your forehead more. Repeat the sequence three to five times.

Training Focus: All movements involving forward bending or the knee and hip joints, in particular the Trident, the Jewel, and lotus position

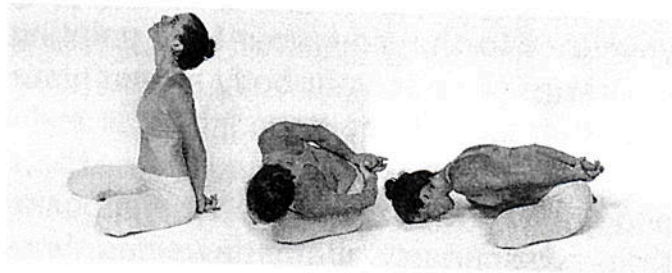
15. TURNING AND STRETCHING

This exercise is a particularly effective and comprehensive warm-up, and it helps you develop the correct sitting position. It is also highly useful for training for the lotus pose.



Sit on the floor with one leg bent in front with the heel at your perineum. Bend your other leg behind you, keeping the foot close to your buttocks without sitting on it. Inhaling, stretch your arms up and parallel. Turn from the root of your spine as you exhale, placing your forehead on the floor in front of one knee as you extend your arms to the floor. Inhaling, straighten your spine, and keeping your arms extended above your head, turn to the other side and bring your forehead in front of your other knee, extending your arms forward. Repeat three to five times. Reverse the position of your legs and repeat the sequence on the other side.

More than likely, you will find one side significantly easier than the other.

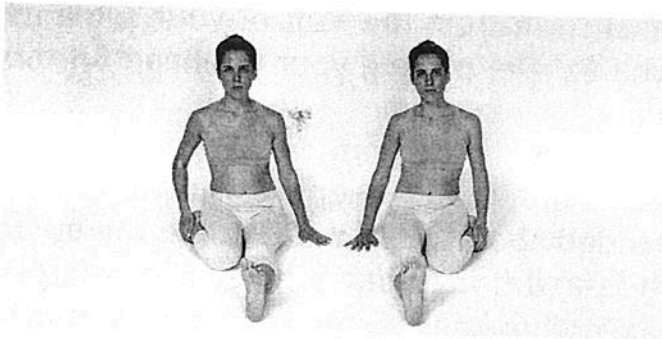


(a) Sitting in the same position, clasp your hands behind your back and circle over your knees, inhaling as you arch back and exhaling as you bring your forehead over one knee and then the other, circling three to five times in a continuous flow, sweeping your face near the floor and trying to keep your buttocks on the floor. Reverse the direction of the circling motion, then switch the position of your legs and repeat the same sequence on the other side.

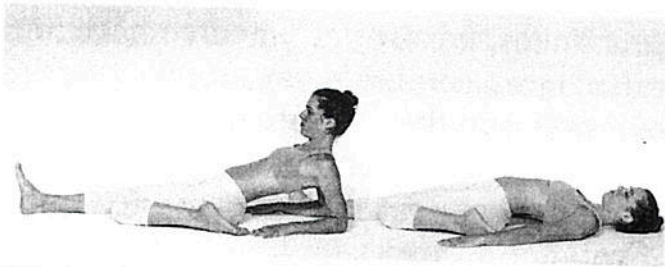
Training Focus: Complete breathing in general, Nine Purification Breathings, all movements involving the spine, neck, arms, or knee and hip joints, in particular the Spider, the Triangle, the Dove, the Tiger, the Eagle, and lotus position

16. KNEE BEND

This exercise is best performed after doing the Turning and Stretching warm-up. Do not attempt it at the start of a warm-up session.



Sit with your legs in front and your back straight, your hands on the floor to your sides. Inhale smoothly and calmly, then exhale, leaning slightly to one side and using your hand as a support. At the same time, bend your other knee back and bring your foot to the side, your toes pointing backward close to your body as you place both buttocks on the floor. Inhale, stretching your leg in front again, then exhale and repeat the movement on the opposite side, continuously alternating sides three to five times.



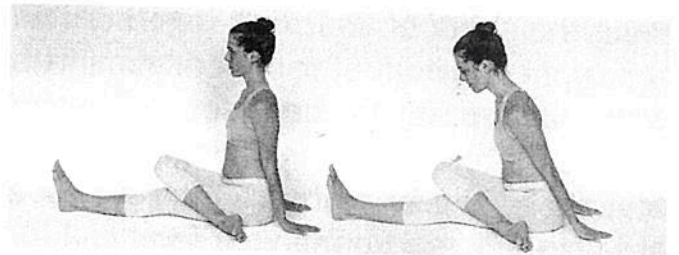
(a) Again bending one knee and pointing your foot back while you keep your other leg stretched, lean backward on your elbows. If you can, and if it is comfortable enough, lie on the floor and relax a moment, breathing calmly. Switch sides and repeat, continuing to alternate the entire sequence several times.

Training Focus: All movements involving

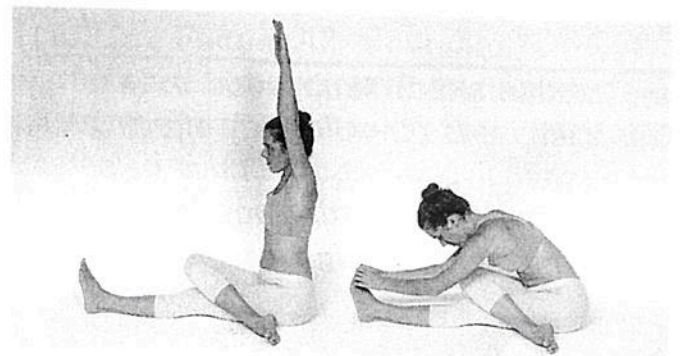
the knee and hip joints or backward bending, in particular the Turtle, the Dove, the Tiger, and the Frog

17. CROSSED KNEE STRETCH

The next two exercises are important for training some fundamental movements to be performed as part of the main practice, in particular three of the Lungsangs. Ideally, one knee is directly over the other one.



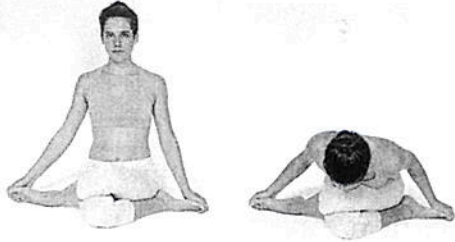
Sitting with one leg extended, cross your other leg over your knee, bending your foot back and placing it next to your hip. Place your palms on the floor behind you with your fingers pointing back. Inhale as you open your chest and fill your lungs. Bending forward over your thigh, exhale, then inhale as you move back to the upright position.



(a) After repeating this movement three to five times, inhale, raising your arms over your head, and exhale, bringing your forehead in front of your knee and your fingers to or toward the toes of your extended foot. Inhale and exhale smoothly and calmly. Try to keep your head aligned with your spine. Switch sides and repeat.

Training Focus: All movements involving the knee and hip joints, crossed knees, or forward bending, in particular the 3rd, 6th, and 8th Lungsangs, the Conch, and the Eagle

18. KNEE OVER KNEE



Sitting on the floor with your legs extended, bend one leg back under the knee of your other leg, then bend your upper leg back to the other side, coming to a position with one knee over the other, both buttocks on the floor. Place your hands on your feet. Keeping your spine straight and controlled, inhale, opening your chest, then exhale, bending forward over your knees in a movement starting at the base of your spine. Inhale, coming back to the starting position. Repeat three to five times, then reverse the position of your legs and repeat again.



(a) In a modification incorporating a twist, exhaling, turn to the open side and bend over your lower thigh in a movement starting from the base of your spine. Inhaling, come back to the center, turn to the closed side, and bend over your upper thigh as you exhale. Repeat three to five times, then reverse the position of your legs and repeat again.

Training Focus: All movements involving the knee and hip joints, crossed knees, torsions, or forward bending, in particular the 3rd, 6th, and 8th Lungsangs, the Conch, the Curved Knife, and the Eagle

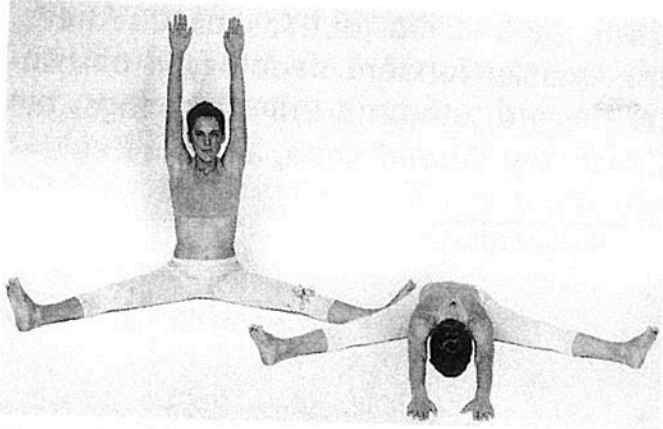
19. SIDE STRETCH



Sit with your back straight and your legs in front of you. Inhaling, raise your arms over your head and bring the soles of your feet together. Exhaling, bring your hands to your knees. Inhaling, raise your arms up. Exhaling, open one leg wide to the side and bend your torso sideways toward it as you bring the corresponding hand to or toward the outside of your extended foot while keeping the other hand on your bent knee. Inhaling, raise your arms over your head and bring the soles of your feet together again. Exhaling, open your other leg wide open to the side, reaching your hand to or toward your extended foot. Switch sides and repeat, continuing to alternate the entire sequence three to five times while calmly inhaling and exhaling.

Training Focus: All movements involving the spine, hip joints, or side stretching, in particular the Half-Moon and the Triangle

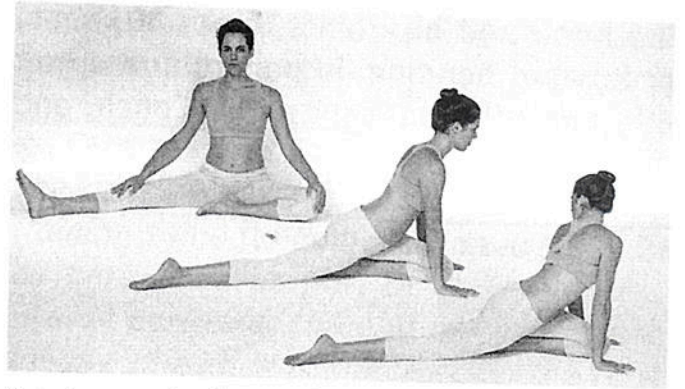
20. OPEN FORWARD STRETCH



Seated with both legs wide open, inhale, raising your arms straight up. Exhale, bringing your hands to or toward the floor in front of you, reaching as far forward as you can while keeping your back straight. Bending from the hips and continuing to breathe, gradually lower your forehead closer to the floor, going only as far as you can without rounding your back. Do not force yourself at any time, just gently and steadily try to improve your range of movement.

Training Focus: All movements involving the spine, hip joints, or forward bending, in particular many concluding phases, the Half-Moon, the Triangle, the Trident, and the Tiger

21. GENTLE SPINE TWIST

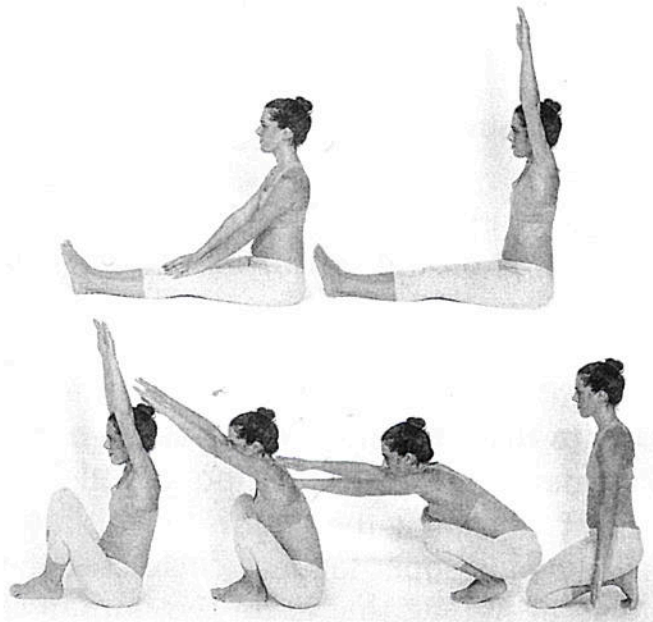


Begin seated on the floor with one leg extended out and the other bent with the foot at your perineum. Turn from the base of your spine toward your bent knee and place one hand on either side of the knee. Continue to turn in the same direction as you lift your buttocks and straighten your arms to look over your shoulder back at the foot of your extended leg. You will experience a gentle torsion of the spine and waist. Repeat on the other side for a total of three to five repetitions.

Training Focus: All movements involving torsion of the spine, in particular the Conch, the Half-Moon, and the Dove

22. TRANSITION TRAINING

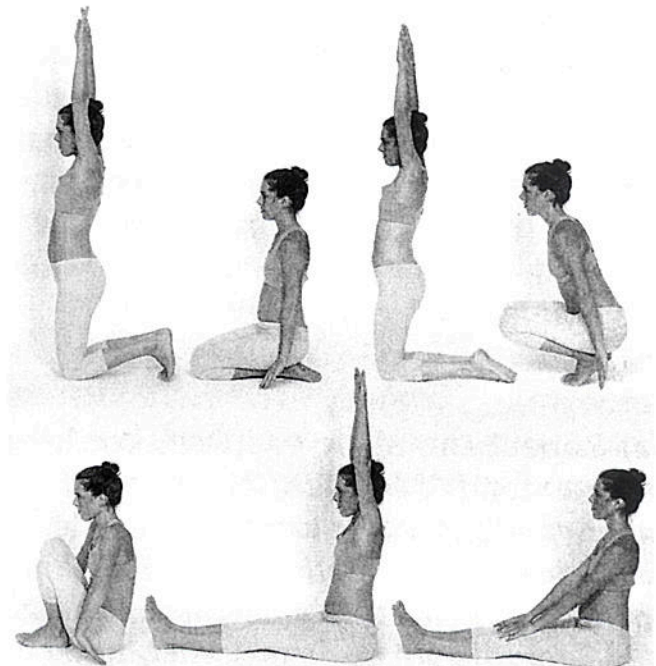
The next exercise is important because it helps train the transition linking many of the sequences in Yantra Yoga. It is also highly effective for working on the leg joints. Coordinate the movement with your breathing, and use the momentum of the movement to help you roll onto your knees, progressing from one step to the next in a continuous sequence. If necessary, use a thin cushion or prop beneath your buttocks, and use your hands as a support to help you through the motions. Alternatively, you can come into the kneeling position by crossing your legs close to the pubis and rolling up onto your knees that way (as in the transition movement of the fourth Tsigjong).



Sitting with your legs extended in front of you, inhale and raise your arms up. Exhale, bringing your arms horizontal in front of you as you roll forward onto your knees and sit back on your heels with your toes curled under and your arms along your sides.

Inhale, raising your arms over your head and coming up on your knees, keeping your toes curled under. Exhale, sitting back on

your heels, bringing the tops of your feet flat on the floor and arms along your sides. Inhale, rising back up onto your knees with your arms above your head, the tops of your feet still flat on the floor. Exhale, curling your toes under, rolling onto the soles of your feet and sitting on your buttocks with your arms along your sides. Inhale, extending your legs in front of you while raising your arms parallel above your head. Exhale, bringing your hands to your knees or bending forward to bring your fingers to your toes and forehead to your knees. Repeat the entire sequence three to five times.



Training Focus: All movements involving the hip and knee joints, in particular many transition movements, the 4th Tsigjong, the 4th Lungsang, the Turtle, the Dagger, and the Vulture

Face-Up Warm-Ups

The next warm-ups are done lying on your back. They are simple but highly effective exercises for the lower spine in particular.

23. KNEE TO CHEST



Lying on your back, exhale and bring one knee to your chest, clasping it with both hands. Then inhale, stretching your leg along the floor again, keeping it well extended and straight. Exhale, bringing your other knee to your chest, then inhale as you extend your leg back along the floor. Switch sides and repeat, continuing to alternate the entire sequence three to five times.

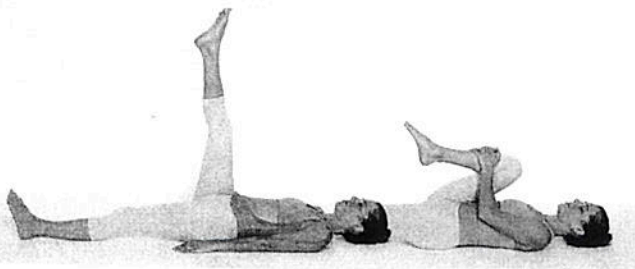


(a) Repeat the same exercise, but keep your extended leg just above the floor when you bring your knee to your chest.

With each exhalation, pull your knee increasingly closer to your chest.

Training Focus: All movements involving the knee and hip joints, hamstrings, or lower back

24. PERPENDICULAR LEG STRETCH

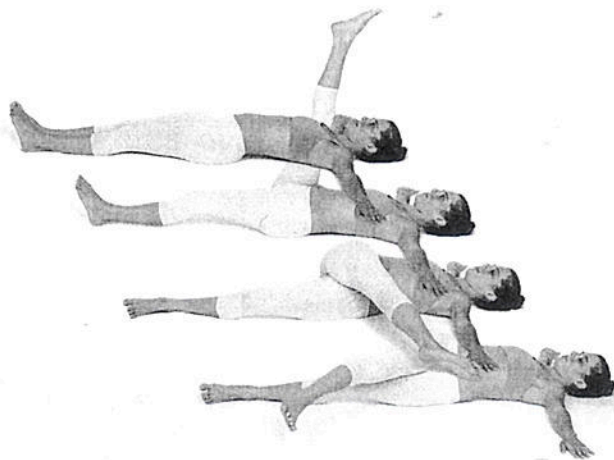


Lying on your back, inhale and extend one

leg straight up. Exhale, bending the leg and bringing your knee to your chest with both hands. Inhale, extending your leg straight up, then exhale as you lower the leg to the floor. Switch sides and repeat, continuing to alternate the entire sequence three to five times.

Training Focus: All movements involving the knee and hip joints, hamstrings, or lower back, in particular the Flame and the Plow

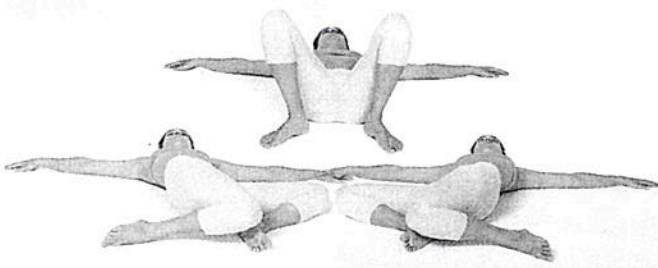
25. LEG SWEEP



Lying on your back with your arms stretched out to the sides, inhale and extend one leg straight up. Then exhale and cross the leg over to the other side of your body, bringing your toes toward the floor around hip height. Skimming the floor with your toes, sweep your upper leg in a circle over the ankle of the leg that is on the floor, and come back to starting position with both legs stretched out. Keep your shoulders on the floor throughout the exercise. Switch sides and repeat, continuing to alternate the entire sequence three to five times.

Training Focus: All movements involving the knee and hip joints, in particular the Half-Moon and the Eagle

26. HIP RELEASER



Lie on your back with your knees up. Place your feet at the base of your buttocks, with your toes pointing out to the sides at a wide angle. Your arms are extended out to the sides at shoulder level. Inhale deeply and relax. Exhale and roll both knees over to one side as far as they will go without forcing them, keeping your shoulders on the floor. Inhale, coming back to the center. Exhale, rolling your knees to the other side. Repeat three to five times, breathing calmly and coordinating the stretch with the breathing.

Training Focus: All movements involving the knee and hip joints or the lower back, in particular the Turtle and the Tiger

27. SUPINE TWIST

This exercise is a simple and safe torsion that is especially effective for keeping the back healthy.



Lying on your back, bring your knees to your chest, then roll onto one side, keeping your knees and your feet close together. Inhaling, open and stretch your top arm to the other side, keeping your shoulders and your knees on the floor. Look straight up and breathe deeply and smoothly, relaxing in the pose. Roll onto the other side

and repeat, continuing to alternate three to five times.

(a) In a variation, roll onto one side and place your top knee on the floor in front of your bottom knee. Place your lower hand on your top knee to keep it on the floor, then stretch your other arm out to the side while keeping your shoulders firmly on the floor. Look straight up and breathe deeply and smoothly. Roll onto the other side and repeat, continuing to alternate three to five times.



(b) For yet another variation, extend your upper leg over your bent knee, stretching it as straight as possible and holding onto your toes with your lower hand. Roll onto the other side and repeat, continuing to alternate three to five times.

If it is difficult to hold onto your toes, you can use a scarf, towel, or yoga belt around your foot to help you stretch your leg.

Training Focus: All Yantras involving torsions, in particular the 3rd, 6th, and 8th Lungsangs, the Conch, the Curved Knife, and the Eagle

28. HIP OPENER



Lie on your back with your heels close to your buttocks and your arms along your sides. Place one ankle on top of your thigh above the knee and bring the knee up

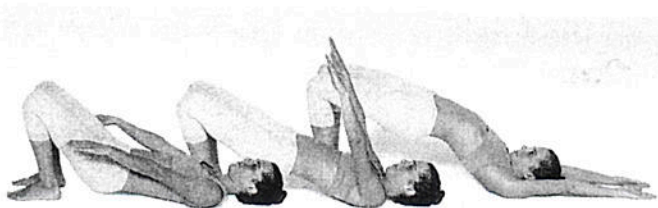
toward your chest, wrapping your hands around the front of the knee or the back of your thigh and pulling it gently closer toward your chest. Inhale and exhale calmly. Switch sides and repeat the sequence three to five times.

Training Focus: All movements involving knee and hip joints, in particular the Plow, the Curved Knife, the Dagger, and lotus position

29. BRIDGE



Lie on your back with your heels close to your buttocks and your arms to your sides. Inhaling, raise your hips in the air as you gently lift your lower back off the floor, then exhale, rolling your spine back to the floor. Repeat the sequence three to five times, arching a little more with each new inhalation, but without forcing, consciously coordinating the continuous flow of the movement of your body with the flow of your breath. Exhale gently and rest a moment on the floor.



(a) Repeat the exercise, but this time stretch your arms straight above your head as you inhale and arch your back. Exhaling, bring your arms forward to come back to the floor near your feet while you gradually roll your spine to the floor, co-

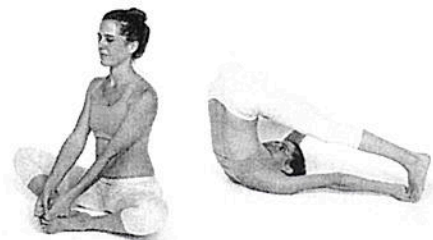
ordinating movement and breathing in a continuous, harmonious flow.

Training Focus: Complete breathing in general, Nine Purification Breathings, all movements involving back bending, in particular the Camel, the Bow, and the Wheel

30. SPINE ROLL



Lying on your back, exhale and bring your knees toward your chest, rolling onto your shoulders as you extend your legs and bring your feet toward the floor above your head, gently and without forcing. You can practice this warm-up with the aid of a chair or cushions until you can extend your feet toward the floor. Keep your arms extended on the floor along your sides. Inhaling, roll forward and bring your feet back to the floor in front of you. Keep your spine straight and your knees together. Repeat three to five times.



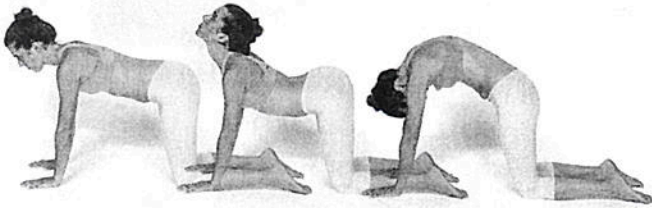
(a) In a variation, start sitting upright with the soles of your feet together and your knees open to the side. Grab your toes and inhale as you straighten your back. Exhale, rolling back, still holding your toes, to bring your legs wide open above your head. Inhale and roll forward to the starting position. Repeat three to five times.

Training Focus: All movements actively involving the spine, in particular the Flame, the Plow, the Triangle, and the Trident

Face-Down Warm-Ups

The next exercises are done in a prone position. They mainly benefit the spine and the leg joints.

31. CAT

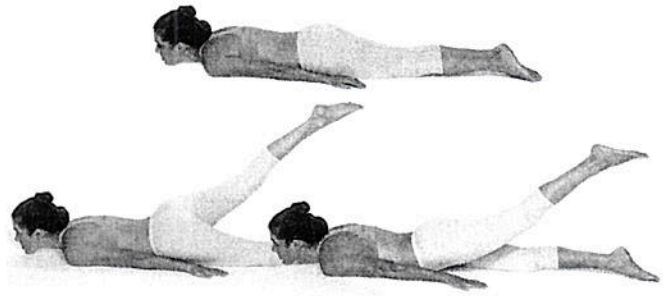


Come to your hands and knees with your knees shoulder-width apart and your hands underneath your shoulders, keeping your arms straight. Your palms and the tops of your feet are flat on the floor. Inhale, lowering your navel while bringing your pelvis parallel to the floor and arching your head back. Exhale, bringing your pelvis perpendicular to the floor, curving your back upward like a cat, and bringing your head between your arms and your chin to your chest. Repeat the sequence three to five times.

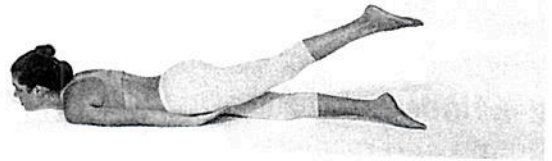
It is important not to block the breathing but let it flow freely with the rhythm of the movement.

Training Focus: Complete breathing in general, Nine Purification-Breathings, all movements involving the spine, neck, or back bending, in particular the Camel, the Bow, and the Wheel

32. LOCUST TRAINING



Lie on your stomach with your chin on the floor and your arms along your sides. Inhaling, raise one leg up, keeping it controlled and straight with your foot pointed. Try to not to bend your knees or open and rotate your hip. Exhaling, lower your leg back to the floor. Switch to the other side and repeat, continuing to alternate three to five times.



(a) For an easier variation, put your hands under your thighs, palms up.

Training Focus: All movements involving back bending, in particular the Bow, the Locust, and the Wheel

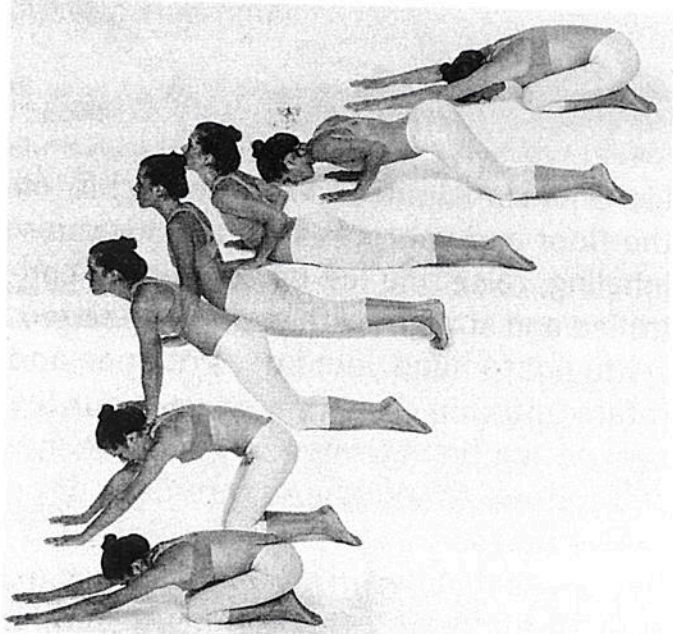
33. SNAKE TRAINING



Lie on your stomach with your forehead on the floor and your hands at chest level. Inhaling, slowly raise your torso up and arch your head back, exhaling, bring your forehead to the floor. Keep your movements slow and coordinated. Repeat three to five times.

Training Focus: All movements involving back bending, in particular the Camel, the Dog, the Snake, the Bow, and the Dove

34. SNAKE TRAINING II



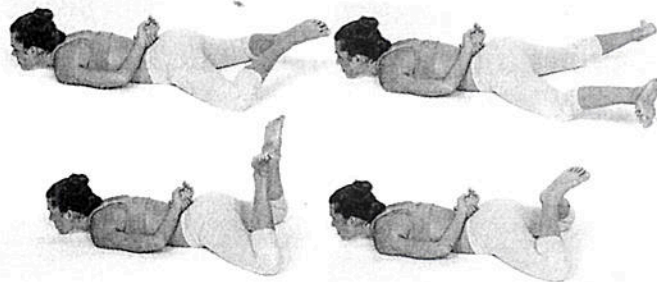
Lie on your stomach with your forehead on the floor and your arms along your sides. Inhale and bring your palms alongside your chest. Keeping your palms on the floor and your arms stretched in front of you, raise your torso up and sit back on your heels as you exhale. Still keeping your palms on the floor, inhale, slide your torso forward close to the floor, then arch your upper body back while trying to keep your lower pubis on the floor. Exhaling, bring your buttocks back to your heels and your forehead to the floor between your arms. Continuing the flow of the breathing and the movement, inhale, sliding forward and arching back as before, always keeping your palms in the same position in front of you. Exhale, sitting on your heels with your arms stretched forward and your forehead to the floor. Repeat three to five times.

Training Focus: All movements involving back bending, in particular the Camel, the

Snake, the Dog, the Bow, the Dove, and the Wheel

35. SOLES TOGETHER HIP OPENER

This exercise is particularly effective for training the lotus position.



Lying on your stomach with your chin on the floor, spread your knees open while placing the soles of your feet together and keeping your navel on the floor. Clasp your hands behind your back and gradually bring your feet to the floor without separating them. Inhale, opening your legs wide, and exhale, joining your feet and bringing them back toward the floor. Repeat three to five times.

Training Focus: Complete breathing in general, Nine Purification Breathings, all movements involving hip joints, in particular the Vulture and lotus position

36. DOG TRAINING



Lie on your stomach with your forehead on the floor and your hands at chest level, the tops of your feet on the floor. Inhaling, raise your head up and arch your upper body back. Exhaling, curl your toes under and counterarch your back as you bring your buttocks into the air, keeping your

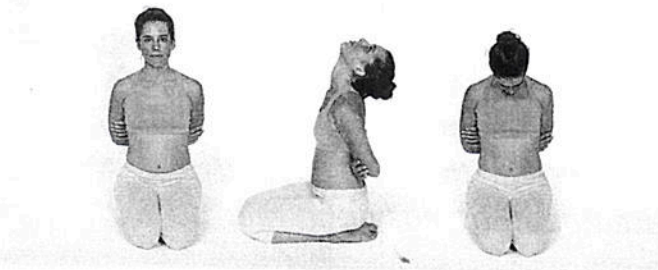
arms and legs straight. Your head stays between your extended arms while the palms of your hands and the soles of your feet are firmly on the floor, if possible. If it is too difficult, try to keep your heels as close to the floor as you can. Inhaling, lower your pelvis and your navel toward the floor, but keep your thighs parallel to the floor and your arms straight as you arch your spine and your head. Exhale, bringing your buttocks back into the air as you lower your heels back toward the floor. Repeat three to five times, breathing calmly and smoothly with the flow of the movement.

Training Focus: All movements involving back bending, in particular the Dog and the Tiger

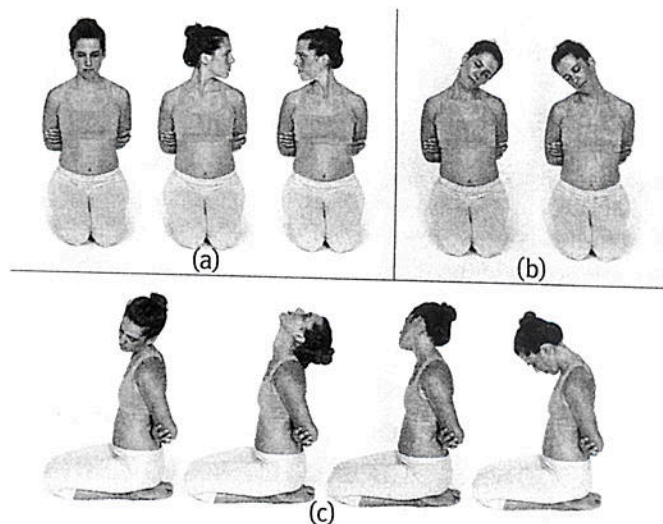
Neck and Shoulder Opening Warm-Ups

37. NECK ROLL

This exercise helps train the flexibility of the neck. Like all of the warm-ups, it should be done calmly and with attention, without forcing the movement or the breathing.



Sitting on your heels, bring your arms behind your back and grab your forearms above the elbows or at the wrists. Inhale, arching your head back by stretching your chin up, then exhale, bringing your chin toward your chest, repeating three or five times.



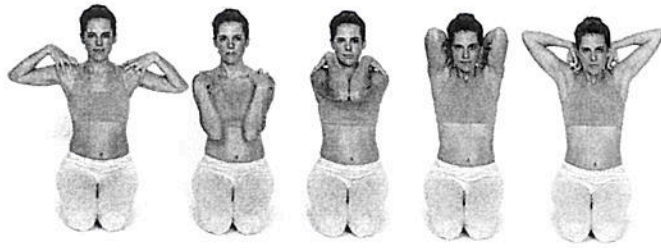
(a) Then inhale to the center and exhale, turning your head gently but fully to the side. Inhale, moving your head back to the center, and exhale, turning to the other side. Repeat three or five times.

(b) Now exhale, moving one ear toward your shoulder. Inhale, raising your head back to the center, then exhale, bringing your other ear toward your other shoulder. Repeat three or five times.

(c) Finally, rotate your head, inhaling while arching your neck back and exhaling, rotating to the front. First turn in one direction three to five times, then turn in the other direction.

Training Focus: All movements involving the neck or back bending, in particular the 6th Lungsang, the Camel, the Conch, the Snake, the Bow, the Dove, and the Wheel

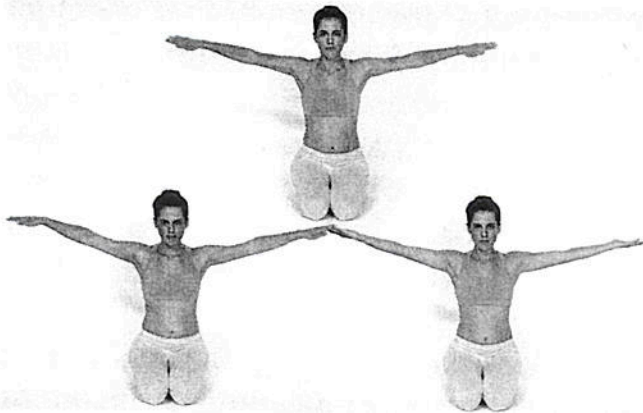
38. SHOULDER OPENER



Sitting on your heels, bring your hands to the top of your shoulders and join your elbows in front of your chest. Inhaling, open your elbows up and back as you rotate your shoulders. Exhaling, bring your elbows down in a circular direction and join them in front again. Then rotate your elbows in the opposite direction. Repeat in each direction three to five times.

Training Focus: All movements involving the shoulders

39. SHOULDER AND CHEST OPENER



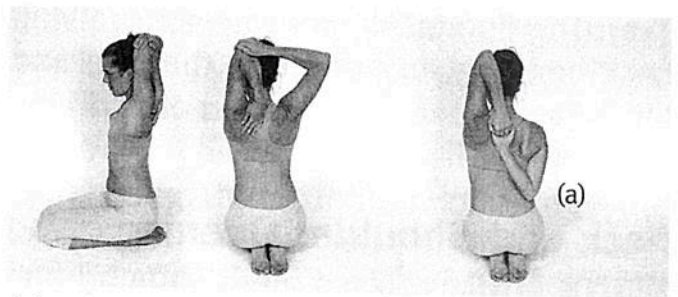
Sitting on your heels with your arms open wide and your palms up, exhale, rotating your shoulders and closing them to the front as you turn your palms to face the floor. Inhaling, rotate your shoulders back and open as you turn your hands the other way, bringing the palms face up again. Repeat the sequence three to five times.

Here, as in the previous exercise, it is important to breathe with intent and energy.

Training Focus: Complete breathing in general, Nine Purification Breathings, all movements actively involving the arms and chest, in particular the 5th Tsigjong, the Curved Knife, and the Bow

40. SHOULDER OPENER II

Sitting on your heels, raise one arm up and bring your hand toward your shoulder blade. With your other hand, grab the elbow of that arm behind your head and pull it toward your opposite shoulder, stretching the side of your arm and torso. Repeat several times on each side.



(a) Again raise one arm and bring your hand to your shoulder blade, but this time reach behind and up your back with your other hand and try to hook the fingers of both hands together in an S-shape. If you cannot reach, either stretch as far as possible while keeping your spine straight, or use a scarf or belt as a bridge. Switch to the other side, then repeat the sequence three to five times.

If you do this exercise regularly, your range will improve over time. Always breathe in an easy and relaxed way.

Training Focus: All movements involving the shoulders

41. ARM STRETCH



Sitting on your heels with your knees open, place your palms between your knees with your fingers pointing toward your perineum to stretch your arms. Relax and breathe calmly and smoothly, keeping your back straight and your shoulders open as you stretch.

Training Focus: All movements actively involving the arms and wrists, in particular the Peacock