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| Based on the form created by Dr. Roger Jahnke and presented in his book “*The Healer Within*” | |
| **Individual Movements** |  |
| **Flowing Motion**  *(Raising Earth and Bringing Down Heaven)* | Stand with your feet hip to shoulder width apart. Soften the knees and tilt the pelvis up in the front. Relax the shoulders. Imagine the head is being gently pulled up toward heaven.  Start with your hands at your side. Now turn your palms forward and slowly inhale, floating your hands up to shoulder height. Next, turn your palms to earth, and exhale, floating your hands gently down. Remember the idea of effortless motion. Imagine there are balloons attached to your wrists, and as you inhale, the balloons inflate and float your arms up. As you exhale, they float your arms down.  As you inhale and your arms rise, slowly shift your weight to the balls of your feet. As you exhale and lower your arms, bring your heels down to the floor. If this rising and falling is uncomfortable, then just do this movement with the feet flat on the floor. |
| **Right and Left Bending** | With your hands at the sides, inhale in the upright position. Exhale bending to the right. Inhale, returning to the upright position. Now exhale bending to the left. Bending to each side several times.  Now as you inhale up, let the right arm rise up over your head. Continue moving your arm over your head as you exhale bending down on the left side. Now inhale up, letting the left arm begin to rise over your head as the right arm begins to return to the downward position on the right. Continue this windmill movement, with each arm rising and going over the head and then returning to its lower potion. \*Hint: As you inhale to the upright position the two arms should be at equal heights, forming a cross position. |
| **Front and Back Bending**  *(Opening Like a Flower)* | At end of previous movement, stand with your hands at your sides. Now, inhaling, float then up in front of you with the palms facing down. At the top of your inhale, as you reach your head, turn the palms out and up, so they are facing the sky; at the same time, bend slightly backwards and look up at the ceiling (nothing too extreme!).  Now make the hands into fists, and bring the forearms together in front of you. Squeeze as you exhale down, lowering the shoulders and bending forward. The bending is important, as it stretches the spine and the space between the vertebrae. This squeeze is important as it increases the lymph flow.  Repeat the sequence |
| **Reaching Up, Stretching Out**  *(Propping up Heaven)* | At end of previous movement, stand with your hands at your sides. Interlace your fingers with the palms facing up. Begin inhaling as you raise your hands up. At heart level begin rotating the palms inward, down, and outward. Raise the elbows as you rotate the palms upward. Continue pushing up with the fingers still interlaced (all on the inhale).  As you reach the top, separate your fingers and begin the exhale, turning the palms outward and pushing them out to the sides and down. Lower them as you finish the exhale. At the bottom, interlace the fingers again and inhale moving upward.  If this seems complicated, it may help to do it to a 4 count:   1. Start inhaling, raising hands to heart level; 2. Rotate them in and down; 3. Rotate them out and start raising elbows and turning hand up; 4. Finish pushing up   Push out and down, exhaling on a four count |