

## Ki Exercises

**#1. Rowing.** Place right foot in front of left. Extend both hands open loosely and in front of yourself, as if holding onto oars in a rowboat. Rock back with arms and hips, clenching your hands and bringing them to your hips. Roll forward with arms and hips while opening hands. Breathe in on the forward movement, and out on the back. Change feet and repeat. Emphasis is on the movement of the hara (center).

**#2.** Place feet apart, about shoulder-width. Put hands and fingers together in the shape of a sun (circle) in front of your hara. Breathing in, slowly raise the hands up and over the top of the head. Extend hands out facing upwards with fingers apart and extended (thus allowing the ki to flow outwards) until hands and arms are straight out slightly above shoulders. At this point turn hands down, raise up onto your toes (keep your consciousness on your hara) and begin to slowly exhale. Continue to slowly exhale as your hands return to your center. Expel all the air remaining in your lungs. Repeat 3-5 times.

End by bringing hands into "prayer" position, arms horizontal to the ground/floor.

**#3.** As above, inhale as you raise your hands up the midline, palms up and fingers extended (as though you were lifting two handfull of water up and over your head). Clench your fists and pull them towards your shoulders as you momentarily hold your breath with lungs filled. Then begin to exhale as you slowly unclench your fists and bring them back down to your hara. Expel all remaining air and repeat 3-5 times.

**#4.** Extend hands out from your center, horizontally, out past your sides as you inhale, palms up and fingers extended. Roll your hands over and rise up on your toes, then slowly exhale back to center. Expel all remaining air, repeating 3-5 times.