Lao Gong to Dantien

1. Inhale, bring your arms straight out with palms down. Stop and hold the breath.

2. Inhale again and turn your hands starting with the little finger, until Lao Gong is open to the sky.

3. Exhale and visualize Qi (warm, bright and dynamic) flowing from the cosmos into and intensifying at Lao Gong.

4. Inhale slowly, evenly and deeply and move you arms forwards, visualizing gathering Qi in a large ball until both hands meet in front.

5. Inhale again and move the palms towards Dantien, visualizing pressing Qi into Dantien. Exhale and intensify the energy at Lao Gong and Dantien.

6. Inhale and move out to hold a large ball of energy. Hold.

7. Inhale again and open the arms with palms up. Exhale and intensify Qi at Lao Gong.

8. Inhale and turn your hands until Lao Gongs face the earth. Hold.

9. Inhale again and move hands to Dantien. Exhale and intensify at Dantien.

10. Inhale and move out to hold a large ball of energy. Hold.

To initiate or close: Three #3 breaths in horse riding posture. Smile gently.

Coordinate movement throughout this exercise with Breathing #3:
Move with inhalation; Stop with hold; Move again with second inhalation; Exhale and visualize Qi intensifying at Lao Gong and Dantien.

Repeat this cycle 20 times.