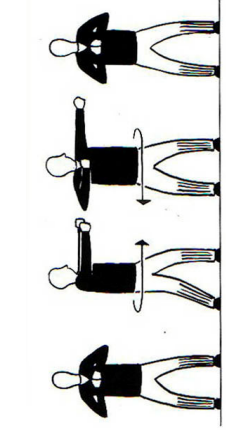
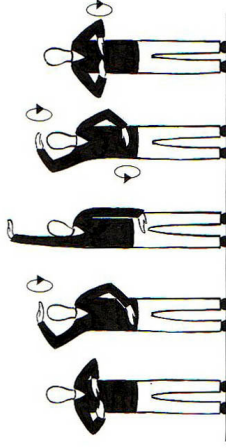


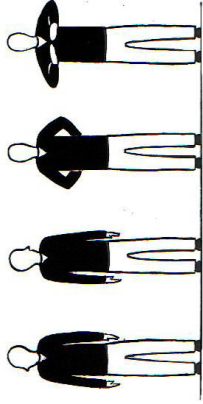
① Lifting the Heavens



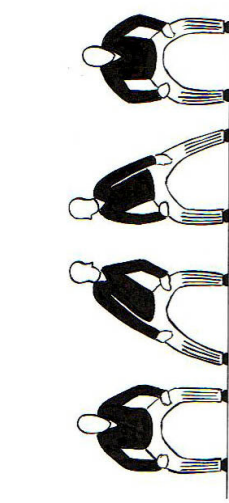
② Shooting the Arrow



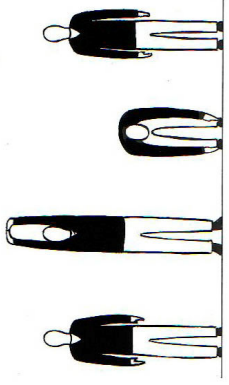
③ Separating Heaven & Earth



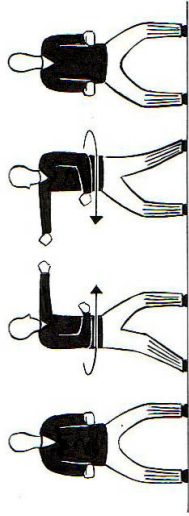
④ Looking Behind



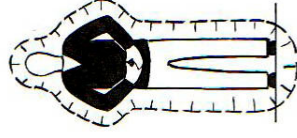
⑤ Sway the Head & Swing the Tail



⑥ Hands Holding Feet

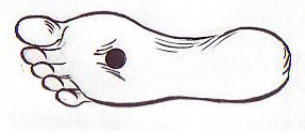


⑦ Screwing the Fist with Fiery Eyes



⑧ Rocking the Bubbling Wells

Bringing Awareness
to Where the Body
Meets the World



Eight Pieces of Silk Brocade

- bring these three together: breathing ~ moving ~ attending
- relax eyes, face, neck, shoulders, arms, fingers, hips, knees, legs, toes, belly
- rest balanced over your feet ~ let your weight sink into the ground ~ don't hold yourself up
- legs rooted in the ground, crown of head rising into the sky
- feel your spine softly curving from tailbone to skull, flexing as you breathe in and out
- whole body breathing in and out naturally ~ feel sensations and energy flowing freely
- as you move, let movement come from the belly ~ the center of the body below the navel
- find easy ways to move ~ don't extend or stretch too far ~ slow, easy, flexible
- let your movements ride the breath ~ floating like a feather ~ flowing like silk
- bring together these three: breathing ~ moving ~ attending