



Cultivating Yin & Yang Qi

Both palms face lower dan tian (standing meditation pose).

Left palm remains facing the lower dan tian. Right palm faces Earth (yin).

Return right palm to face lower dan tian.

Right palm remains facing the lower dan tian. Left palm faces Universe (yang).

Return left palm to facing lower dan tian.

Repeat, alternating right palm (Earth) and left palm (Universe).

End with both palms facing the lower dan tian. Return to standing meditation.

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