

BIG HEAVEN CIRCULATION

(Advanced Meditation)

Standing or Sitting

9 times in one direction, then 9 times opposite direction, in 4 different planes

- Head
- Neck
- Shoulders
- Elbows
- Wrists
- Hands
- Upper Chest
- Middle Chest
- Waist (Dantian)
- Hips
- Thighs
- Knees
- Ankles
- Feet

