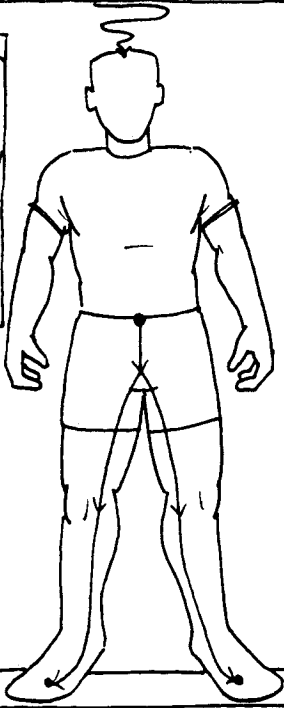
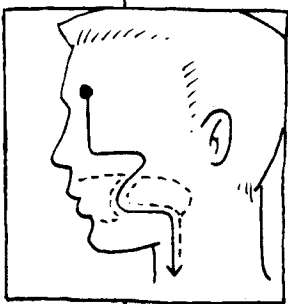


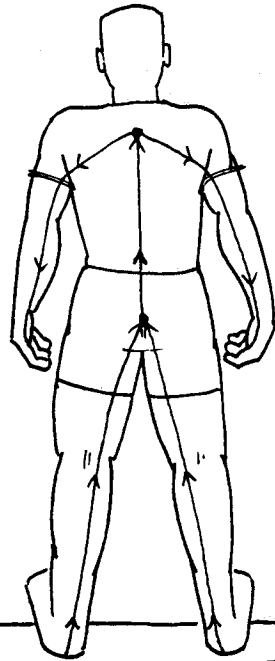
START AT DANTIAN, EXHALING DOWN TO THE BUBBLING WELL.



①

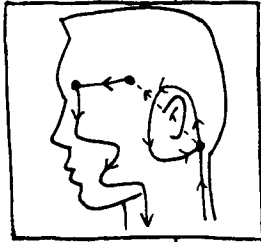
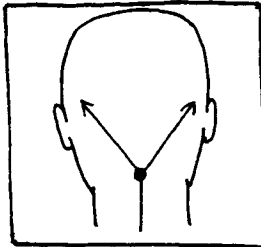
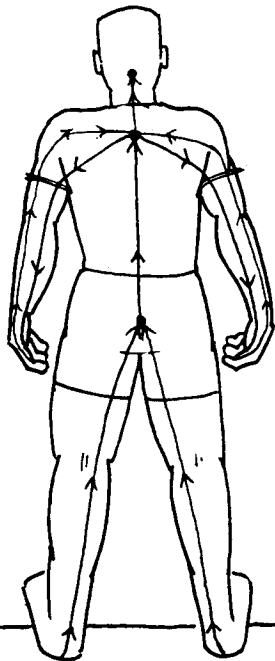
②

INHALE UP THROUGH THE LEGS TO THE BACK THROAT. EXHALE DOWN THE INSIDE OF THE ARMS TO FINGERS.



INHALE UP THE ARMS TO THE JADE PILLOW

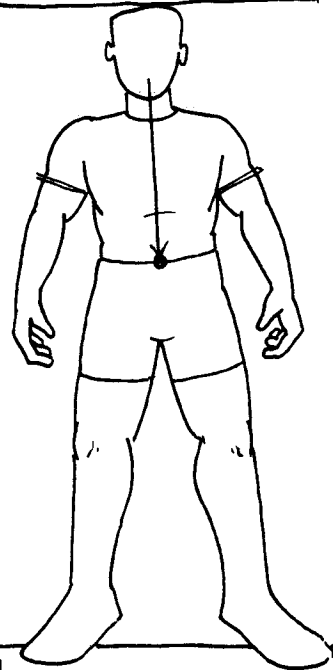
③



INHALE UP AROUND THE EARS, EXHALE DOWN THROUGH THROAT.

EXHALE DOWN TO THE DANTIAN. REPEAT.

④



KARL ARDO

karl@movinginstillness.com
www.movinginstillness.com
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MACRO COSMIC CIRCULATION

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