

63 Embracing Space

Kum Nye: Movement Exercises
Balancing and Integrating: Stage Three

- Stand barefoot on right leg
- Sole of left foot pressed against upper right thigh
- Left knee out to left side
- Slowly lift arms up in front to shoulder height
- Cross arms and hold tightly just above elbows
- Neck settles down between shoulders
- Look toward ceiling
- Open mouth
- Balance casually
- Loosen belly
- Stretch a little more so that upper back is slightly arched

First time:

x1

- Slowly unfold and straighten arms upwards
- Palms toward ceiling
- SLOW, uninterrupted motion, lower arms to sides, as if drawing angel wings in the snow
- Allow hands and chest to open
- As arms reach sides, lower left leg to floor
- Notice the SPECIAL FLAVOURS of FEELING that come just before foot touches floor

Subsequent times:

X3/side

- Reverse leg position
- Stretch **CROSSED** arms upwards on **INHALATION**
- On **EXHALATION**, open arms upwards and floats arms down to sides
- Arm gesture can be **GENEROUS** and **EXPANSIVE**, opening the chest and **EMBRACING SPACE**, extremely **SLOWLY** and **GENTLY**
- Alternate sides, co-ordinating breath and movement

May also be done
standing on both feet or
sitting

Stand:

Several min

- Silently
- Both feet
- Arms relaxed at sides
- Then ...

7G

5-10 min



May feel a deep **CALM** within
bones, especially **BONES** of
ARMS and **CHEST**

