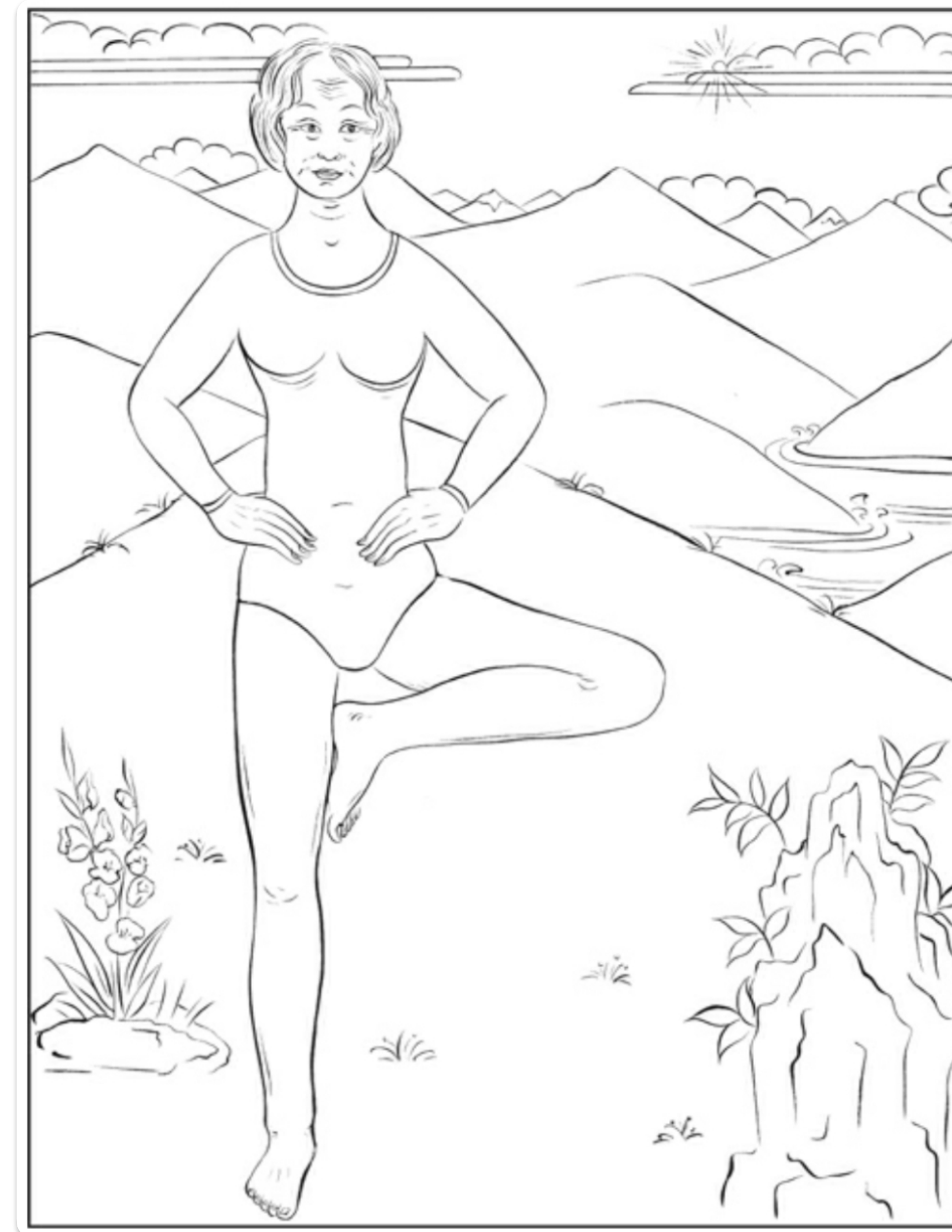


MOVING IN

- Stand barefoot, feet comfortable distance apart, spine upright
- Slowly lift left leg, bending knee
- Grasp inside of leg near ankle with left hand and place sole of left foot, toes down against the inside of upper right thigh, heel near crotch
- Press heel lightly into thigh to hold leg in position
- Move left knee out to side, place hands on hips
- Look straight ahead with soft eyes
- Balance casually, concentrating lightly

Hold
1 - 3 mins



10-15
mins

7G

Allow sensations stimulated by the posture to expand
Try to follow the process of coming back to a more familiar state of mind.
Do you come back in a balanced way?

Benefits:

- Stretches upper leg
- Stimulates energy in sacrum and spine

COMING OUT

- Without changing position or losing balance, slowly reduce pressure of left foot against thigh until almost imperceptible
- Slowly lift foot from thigh and lower to floor
- **Pay special attention to sensations you feel just before foot touches the ground**
- Stand both legs

Repeat movement other side

Both sides
X 3

Which side is
easier?

Different feeling states produce different feeling tones within balance

May be more difficult to balance when you are emotional; tightness in your body may make you lose your balance

Relax into the exercise and go deeply into the feelings awakened within you.