

Movement Exercises Stimulating and Transforming Energies: Stage One

Sit on a rug or a flat mat and cross your legs in the manner illustrated in the drawing. Take hold of your right ankle with your right hand and your left ankle with your left hand, and draw your feet along the floor as close to your body as you can.

This exercise energizes the navel center and clears confusion from the mind.

Breathe softly through nose and mouth

Place your hands just below the kneecaps and draw the knees as close as possible toward your chest, keeping your back straight and your shoulders down. If possible, touch your knees to your chest. Look straight ahead and hold and concentrating lightly on your belly.

Concentrate lightly on belly

1-3
mins

X3/9

1
min



Now very slowly release the tension—take about one minute for this—feeling the sensations that arise in your body.

7G
Continue to explore sensations

few
mins

Then repeat the exercise, reversing the position of the legs as you cross them.

7G

5-10
mins