



A Moving Meditation - Joy Thru Movement

- ❖ Consists of 19 movements and one pose.
- ❖ Can be done anywhere, no special equipment or clothing needed.
- ❖ Typically done in standing, can be adapted for sitting or different needs.
- ❖ Goal is to circulate, balance and store the Chi or Intrinsic Energy/Vital Force.

Promotes wonderful benefits (body, mind and spirit). Everyone will experience this energy flow differently. You may experience:

- ❖ Improved energy and creativity.
- ❖ Improved breathing and relaxation.
- ❖ Improved ability to center and focus.
- ❖ An increased sense of *Joy* and well being.
- ❖ Improved balance, coordination, flexibility.

Basic principles on How to Move:

- ❖ Shift weight correctly for balance of yin and yang.
- ❖ Keep attention on the soles of feet (bubbling spring).
- ❖ Move slowly as if in a dream or flowing through heavy air.
- ❖ Move softly with continuity; typically in a circular pattern.
- ❖ Flow from the center, initiating weight shift from the T'an T'ian.
- ❖ The rest in between the movements is as important as the actual movement.

*Choose connection to each other and the earth.
Choose Joy in each moment!*