“Forming The Chi Ball”

Horse Stance, shoulders relaxed, hands resting lightly on upper thighs.

**INHALE:** Pull Ch’i up from the thighs with the hands lightly, gently, as if a giant bubble were underneath your hands. Hands come up to shoulder level.

**EXHALE:** Press Ch’i down slowly, gently as if you were underneath water. Hands stop at waist.

**INHALE:** Turning both palms toward each other, stretch the Ch’i out to the sides, as if you were pulling taffy.

**EXHALE:** Compress Ch’i into a ball with both hands at navel height. Hands should be about 8-10 inches apart.

  Breathe normally gazing intensely at the “Ch’i Ball” searching for energy until attention wanes.

**INHALE:** Bring the ball of Ch’i into the “Tan Tien” (Lower Belly)

**EXHALE:** Exhaling every ounce of breath, compress the Ch’i ball into your Tan Tien. When all breath has been exhaled, wipe hands away to sides of hips, and off.

**REPEAT**