“Raising Hands Separately To Harmonize Spleen & Stomach”

Stand in the Horse Stance, tongue up to the roof of the mouth, hands in front of chest, palms facing up flat, as if holding a box. Turn R palm over to face downward.

**INHALE:** L palm pushes upward to shoulder height, as R palm pushes downward to waist height.

**Flip** - Turn L palm downward, turn R palm upward.

**EXHALE:** R palm pushes upward to shoulder height, as L palm pushes downward to waist height.

**Flip** - Turn R palm downward, turn L palm upward.

Repeat five times for each hand, vigorously, as if pushing up something very heavy.