Eight Pieces of Brocade

It is recommended that you do each exercise eight times, with the exception of 7. Please remember that there should be no muscle tension at any time. Breathing should be relaxed, gentle, even and quiet. Inhale and exhale through the nose. The tip of your tongue should rest gently on the roof of the mouth, behind the front teeth.

1. Heels together, toes apart, knees relaxed. Clasp hands together at the waist, palms up. INHALE as you raise your hands above your head; palms rotating outward. When arms are stretched all the way, palms should be up. EXHALE as you lower your arms and palms to their original position.

2. Heels together, toes apart, knees relaxed. EXHALE as you bend over and touch your toes. INHALE as you straighten up. EXHALE, back straight, bend at the knees, hands out, palms down. INHALE as you stand to the original position.

3. Heels together, toes apart, back straight, knees bent. Hands crossed in front of your chest, palms facing your chest. Left hand inside. INHALE as you straighten your legs and simultaneously raise your left hand and lower your right hand. EXHALE as you bend your knees and simultaneously draw your hands back to your chest, crossed with the right hand inside. Repeat with right hand going up, left hand going down.

4. Heels together, toes apart, knees relaxed. Cup your left hand inside your right hand (palms up) at your waist. INHALE as you turn your head to the left. EXHALE as you turn your head back to the center. INHALE as you turn your head to the right. EXHALE as you turn your head back to the center.

5. Body in “horse stance”. Feet shoulder length apart, toes facing forward. Knees slightly bent, back straight. (As if riding a horse.) Turn head and shoulders to the left. Left arm up, horizontal to ground, first finger pointing out at 45° angle. Right arm in position to “pull back a bow string.” INHALE as you draw the bow string and simultaneously face forward. Continue to pull the string until your right arm is extended all the way to the right. (Imagine yourself holding a giant beachball.) EXHALE as your bring both arms in front of your chest. (Imagine yourself holding a soccer ball.) Repeat on other side.

6. Body in “horse stance”. Hands resting gently on your thighs. With back straight, bend slightly forward. INHALE as you rotate your body in a circle toward the left. Continue inhaling until you are 3/4 of the way around. EXHALE the remainder of the circle. Repeat in opposite direction.

7. Heels together, toes apart, knees relaxed. INHALE as you raise your hands, palms up, shoulder height and come up on toes. EXHALE as you drop hands and land on your heels.

8. Body in “horse stance”. INHALE as you bring your arms up over your head (embrace the sky) EXHALE as you bend at the knees, squat down and take water from the stream. INHALE as you stand, palms up with water dripping from your fingers. EXHALE as you turn palms down, bend at the knees and lower hands slightly.