

## Squats

Relax all the joints of the body, especially the whole spine and the lower back. Relax and squat down, very slowly and evenly, all the way down. Mind on Lower Dantian, Mingmen, or Weilu (tailbone) as you go down. Upper chest and shoulders relax slightly forward, spine curves in an arc. Knees not beyond the tip of the feet, head and face not beyond the knees. Draw the abdomen back, lower back rounded, weight on the heels. Arms holding the legs, head curled forward, lower back relaxed backward, stretch the whole spine.

Lift from Baihui, stand up slowly, pull the body up slowly.  
Mind focused on the top of the head, on Baihui.  
Don't use the strength of the legs to stand up.  
Draw the chin in.  
Relax from tip to toe.

Squat down, stand up (repeat).

Relax the whole body from tip to toe.  
Try to feel the changes in your body, in the spine and the lower back.

Turn palms forward, arms draw Qi forward, round and in to Dantian.  
Place the hands on Duqi (the navel), male left hand inward, female right, nourish Qi.  
Try to feel the changes in the body, the Qi movement in the body.