

9. Wild horse. In horse stance, crouch slightly lower and rotate your upper body in a circle to the left, up and round. Repeat. Make the circle twice more, but this time up to the right and round.



10. The rack/friendly torture. With legs stretched as widely as possible, arms and hands go up together and then separate out to the side and back with the out breath. With the in breath, push your arms even further out and back. As you breathe out, let your hands join as they travel down and between your legs. Follow with your eyes. Your hands come forward and up together again as you breathe in. Repeat once more.



11. Spear hands. Come back to horse stance and gather your hands at your waist. Slowly extend your right hand like a spearhead diagonally and straight up to the left. Follow with your eyes and turn out your right heel to make a straight line from right heel to right fingertips. Pull your hand back in to your waist and, regaining horse stance, repeat to right side, then again left and right once more.

