

# GROUNDING EXERCISES



Take a deep breath and bend down with back straight and swoop the ground and as we again stand, trace the Chi or energy into the front of our bodies through the meridians/energy channels. On exhalation we trace the meridian channels on the posterior aspect of our bodies as we bend down to gather more of the earth's vital energy.

## GROUNDING POSTURE

- Knees slightly bent
- Shoulder width apart
- Shoulders slightly back
- Chin slightly tucked

Our goal is to free any blocked energy channels for optimal flow of our body's vital energy. Repeat this 7 times (7 being the number of wholeness, completeness).

