

Won Ki Dan Boub #1

Posture Descriptions

1. Feet shoulder width apart, hands behind the head, elbows out to the sides. Lean back slightly.
2. Feet together, upper body parallel to the floor, spine straight, palms behind knees, straight arms, look straight ahead (horizontal).
3. Postures #3 and #4 are opposites. Feet shoulder width. Right palm behind head, elbow not collapsed. Left hand touching lower back, palm facing outwards. Lean back slightly, twist to the left, look back.
4. Opposite of #3
5. Sitting down with legs straight ahead, shoulder width apart. Grab around your knees and bend forward, keeping the back straight. Look straight ahead.
6. Feet shoulder width apart, hands behind on the fingertips, lift buttocks off the ground, body and legs form a straight line.
7. Postures #7 and #8 are opposites. Bend the left leg and cross it over the right leg, which is straight. Left foot flat on the floor pointing forward. Right arm over left leg and right hand holds outside of right knee. Left hand behind on fingertips. Torso is straight, twist to the left, look back.
8. Opposite of #8
9. Full lotus, left palm behind left kidney, right palm behind right kidney. Lean back and rest on elbows. Keep back straight, head faces forward.
10. Full lotus, upper body parallel to floor, spine straight, rest on forearms, palms down, shoulder width apart, lift head up so it faces forward.
11. Lying prone, feet together, toes flat on floor, side of face rests on the floor (alternate each session), arms straight and shoulder width apart, hands face down. **Microcosmic orbit.**
12. Full lotus, palms together at chest height, keep the spine straight.