

## **Won Ki Dan Boub #7**

### **Posture Descriptions**

1. Feet shoulder width apart, palms together at mouth height. Lean back.
2. Postures #2 and #4 are opposites. Feet shoulder width apart, right palm on left hip, left palm behind your back touching your right hip, upper body is parallel to the ground, spine straight, twist left.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, lean back and extend Danjeon forward, arms behind and pointing straight down, twist upper body and head to the left.
4. Opposite of #2.
5. Opposite of #3.
6. Feet wide apart, arms straight and extended between legs, rest the fingertips on the ground, thumbs in front of fingers, keep spine straight, look forward (horizontal).
7. Sitting with knees shoulder width apart, upper body vertical, toes pointing out to the sides, arms are straight down. Push the thumbs into the KI1 point as you inhale. **Microcosmic orbit.**
8. Full lotus, lean back and lie on floor, arms out to the sides with the palms facing up. **12 Circulation.**
9. Head bridge, feet shoulder width apart, heels are off the ground, knees directly above the ankles, palms on Danjeon, thumbs joined at navel and index fingers touching.
10. Lying on your back, feet wide, arms straight out to the sides, palms face up. **14 Circulation.**
11. Forehead touching the floor, legs and feet together with the toes touching the ground, keeping the body straight, fingertips and elbows touch the floor.
12. Full lotus, palms together at mouth height.

