



1. Sit straight in a cross-legged position. Eyes are closed. Stretch the left arm straight out to the side, from the shoulder, with the palm down. Raise the right hand so that the elbow comes away from the body and begin sweeping the lower arm in a circular movement. On a deep inhalation, through pursed lips, bring the energy in as you move your hand toward your mouth. Exhale through the nose as you complete the circular motion. Palm is slightly cupped. Open the chest. Give yourself power. 11 minutes.

2. Place your hands on your heart. Do Long Deep Breathing through the nose. Calm down, relax, go deep. 3 minutes.

**To End:** Inhale deeply and hold for 10 seconds. Expand your chest while pressing the heart as hard as you can and lengthening the spine as much as you can. Take the energy all the way up. Cannon Fire Exhale. Repeat twice more. Relax.

