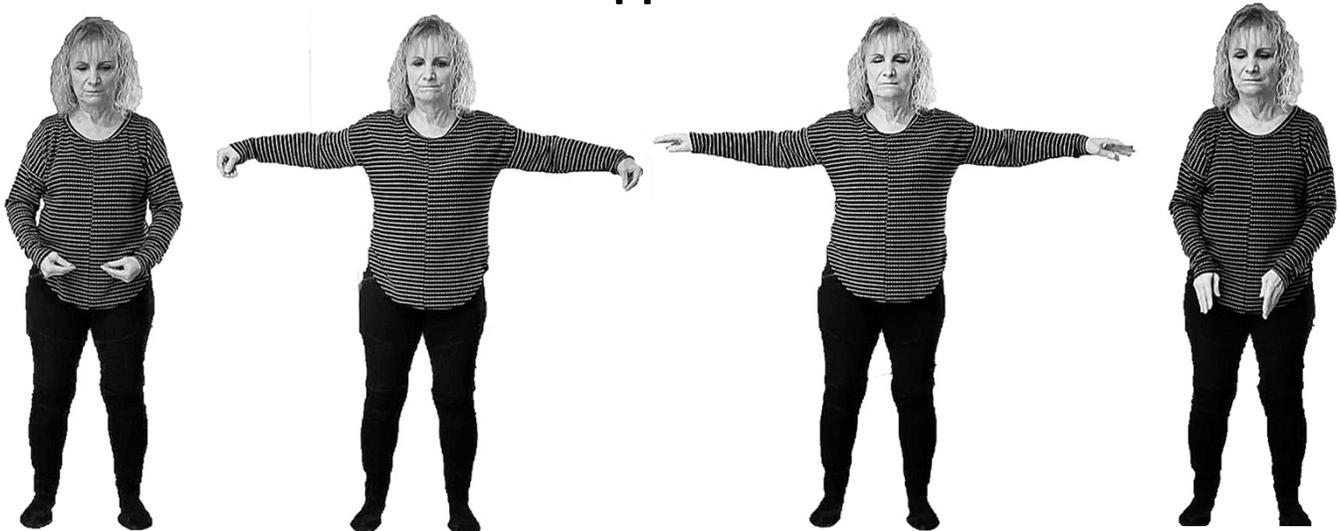


Open and Close the 3 Dantians: Inner Strength for Muscles & Bones

- “Pull like a rubber band” - Qi goes to the muscles
- “Squeeze almost closed” - Qi goes to the bones



■ **Start with the Upper Dantian 9 times**



■ **Next - the Central Dantian 9 times**



■ **Last - the Lower Dantian 9 times**