

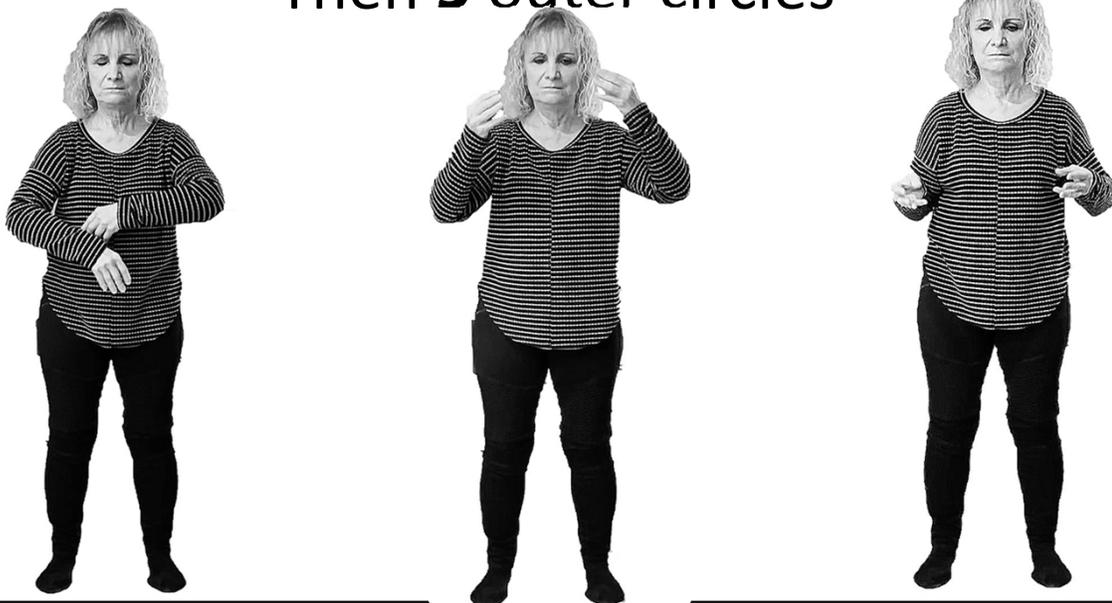
# The Sun and the Moon Turning for the Heart and Lungs

- Create Qi by rubbing your hands together, then placing them over your heart while you take a breath in and out. Repeat **3 times**

- Follow with **9** inner circles



- Then **9** outer circles



- Finish by placing your hands over your heart again, take a big breath in, then:
- Push down toward the floor quickly, massaging the heart and the lungs by breathing out so you can hear it! Repeat **3 times**