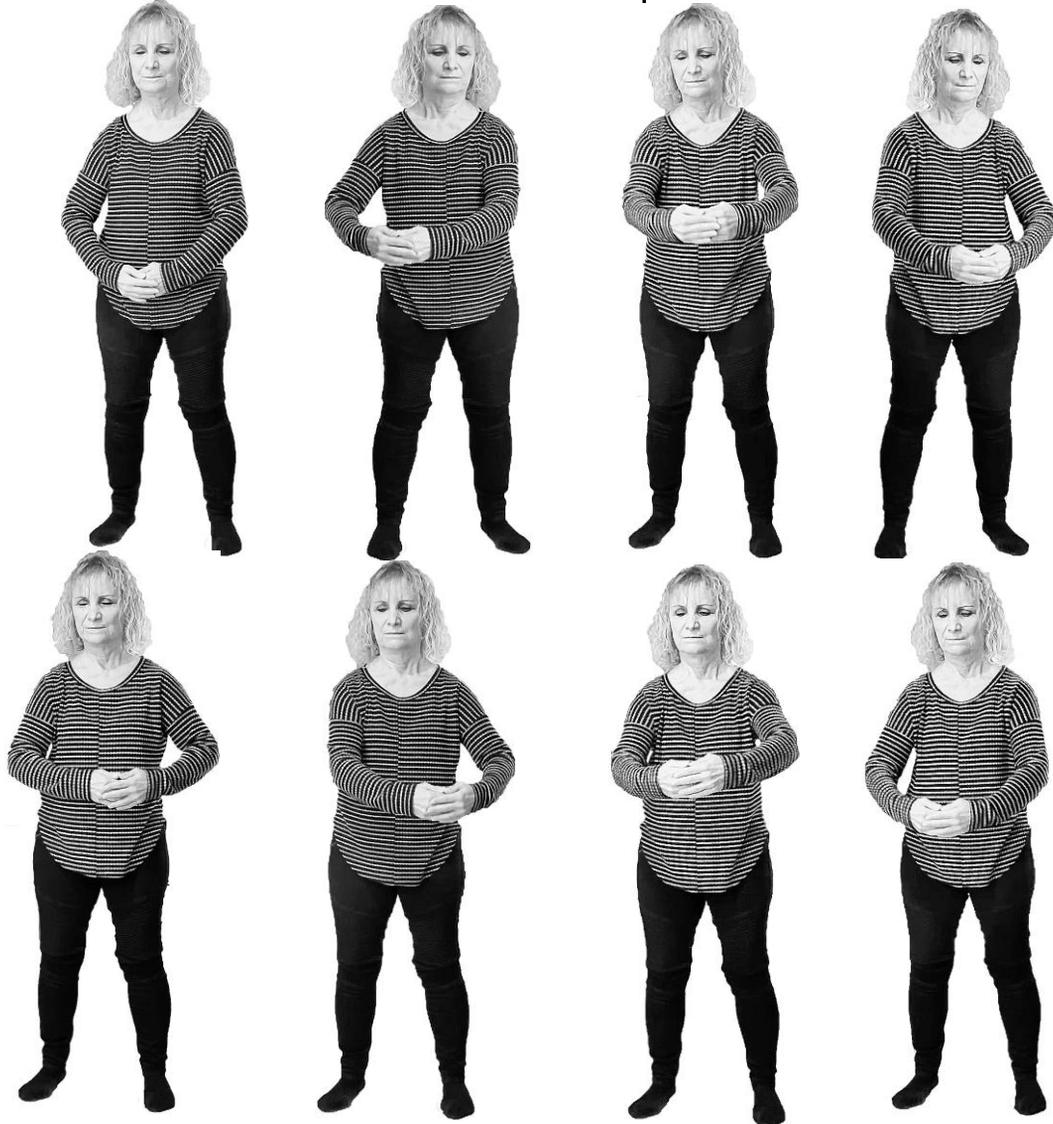


13. The Turning of Stomach The Last and “Most Important Exercise”



- For women, start with R hand over L. Picture a rope from the palm of your hand connected to the central Dantian
- Make 36 clockwise circles moving forward away from the central Dantian.
- Switch hands - Make 24 counter-clockwise circles coming back to the central Dantian

- For men, start with L hand over R. Picture a rope from the palm of your hand connected to the central Dantian
- Make 36 counter-clockwise circles moving forward away from the central Dantian
- Switch hands - Make 24 clockwise circles coming back to central Dantian