

## 5 Movements

**1** Start by moving the **left hand** and pronouncing the corresponding word:



**Lifting**

lift the hand

**Moving**

move it towards the chest

**Turning**

turn the palm towards the sky

**Dropping**

drop the hand in the center in front of you

**Touching**

place the hand in front of you

Do the same with **right hand**, place it on top of the left hand.

**2** You then unwind, starting with the **right hand**, slowly and mindfully:



**Lifting**

lift the hand

**Turning**

turn it towards the chest

**Moving**

move it over the right leg

**Dropping**

drop it slowly

**Touching**

place it on the right leg

Do the same with **left hand**, place it on the left leg and so come back to initial position with both hands on thighs.

## 14 Movements



**thought/speaking**



**left hand**



**right hand**

**One**

1 Turn, palm facing to left

**Two**

2 Lift, palm facing to front

**Three**

3 Move, touch belly

**Four**

4 Turn, palm facing to right

**Five**

5 Lift, palm facing to front

**Six**

6 Move, touch belly

**Seven**

7 Move, touch chest

**Eight**

8 Move, palm facing to front

**Nine**

9 Drop touching left thigh  
palm facing to right

**Ten**

10 Place hand on left thigh

**Eleven**

11 Move, touch chest

**Twelve**

12 Lift, palm facing to front

**Thirteen**

13 Drop touching right thigh  
palm facing to left

**Fourteen**

14 Place hand on right thigh



# 2 Hands Simultaneously



**thought/speaking**



**left hand**



**right hand**

**One**

**1**

right index points to head

**Two**

**2** index points to head

2 fingers point upwards

**Three**

**3** 3 fingers upwards

index to head

**Four**

**4** index to head

4 fingers upwards

**Five**

**5** 5 fingers upwards

index to head

**Five**

**5** index to head

5 fingers upwards

**Four**

**4** 4 fingers upwards

index to head

**Three**

**3** index to head

3 fingers upwards

**Two**

**2** 2 fingers upwards

index to head

**One**

**1** index to head

1 finger upwards

And start over again.





## thought/speaking

**Lifting**

**Moving**

**Touching**

**Lifting**

**Moving**

**Touching**



## left hand

lift forearm parallel to floor

move forearm to belly

touch belly with hand



## right hand

lift forearm parallel to floor

move forearm to belly

touch belly with hand

Be mindfully aware of the standing position, kind of scan of the standing.  
Then think/say:

**Standing**

3 times

**Intending to walk**

3 times

Slowly and mindfully open the eyes. Now concentrate on the movement of your feet when you think/say and execute



## left foot

**Lifting**

**Moving**

**Stepping**

**Lifting**

**Moving**

**Stepping**

lift

move to front

place on floor



## right foot

lift

move to front

place on floor

Repeat as many times as you wish.



**thought/speaking**



**left foot**



**right foot**

Last step

**Lifting**

lift

**Moving**

move foot parallel to the other foot

**Stepping**

place on floor

Remain standing for a while, being aware of the standing position.  
Then think/say:

**Standing**

3 times

**Intending to turn**

3 times

We now turn to the right.

**Turning**

lift + turn right foot to right, 90°

**Turning**

lift + turn left foot to right, 90°

**Turning**

lift + turn right foot to right

**Turning**

lift + turn left foot to right

You have made a U-turn, in the same line. Start walking again.  
End with the last step (see above).  
At the end you free your hands.

**Lifting**

lift right hand

**Moving**

move right hand to right side

**Relaxing**

relax right hand

**Lifting**

lift left hand

**Moving**

move left hand to left side

**Relaxing**

relax the left hand