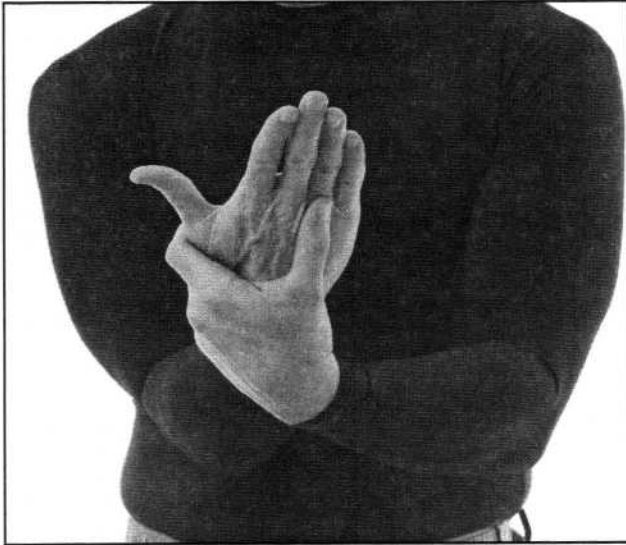


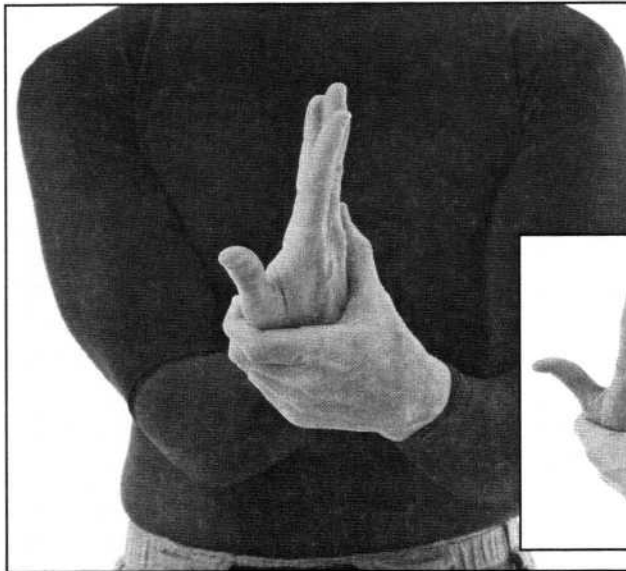
Main Sequence



☯ Position 1 INWARD WRIST LOCK

Cross your hands in front of your chest even with the breast plate (sternum), palms facing inward and elbows tight to your body, right hand closest to the body.

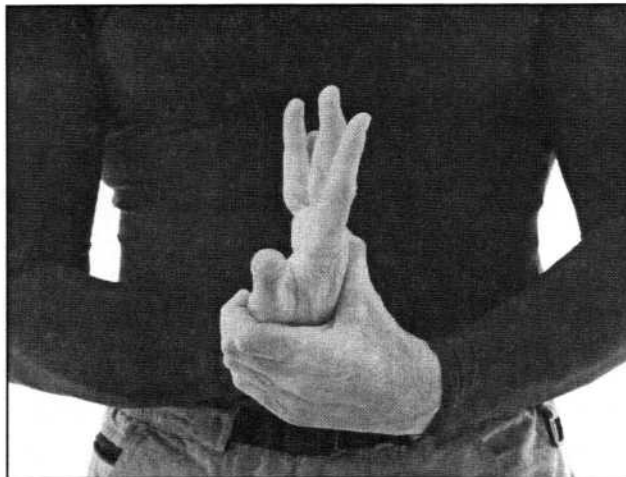
1 Grasp the back of the right hand with the palm of the left hand and wrap the fingers of the left hand around the base of the right thumb. Place the thumb of the left hand at the base of the ring finger on the back of the right hand.



2 Twist the pinky finger of the right hand toward the center line of the body.



◀ *Hand position detail.*



Inhale and drop both hands as far as possible, elbows out with arms close to the body. Apply light pressure to the right wrist by twisting right hand to the right, pulling with the fingers while pushing with the thumb; hold for five to 10 seconds.

3

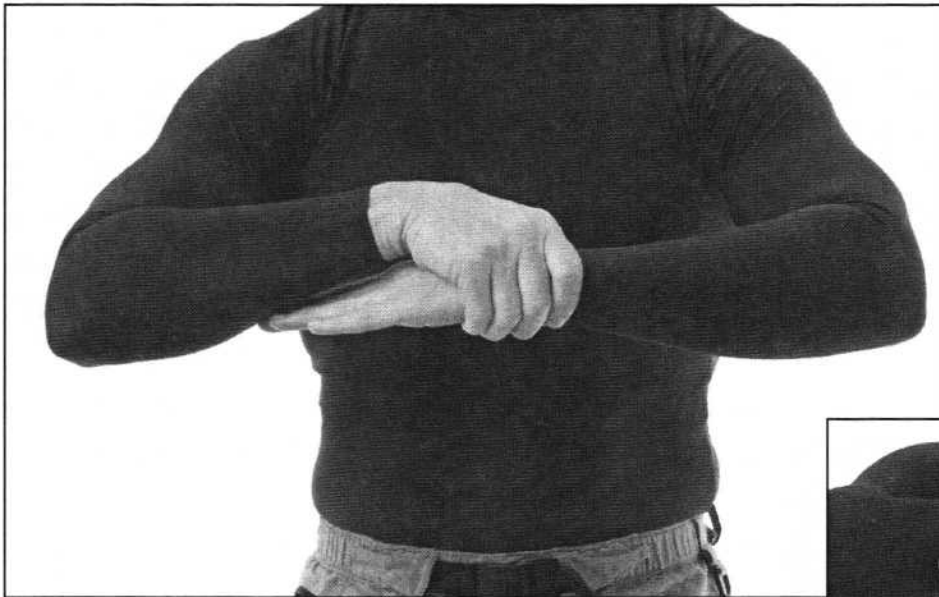
Inhale, release, return to the starting position, switch hands and repeat on the opposite side. Inhale, release and shake hands lightly.

4

Position 2 **ELBOW SQUEEZE**

Bring the forearms up parallel with the collar bone, fingers pointing toward the opposite elbow. Place the right palm on the back of the left hand

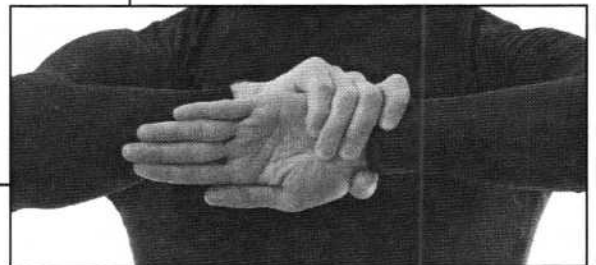
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2

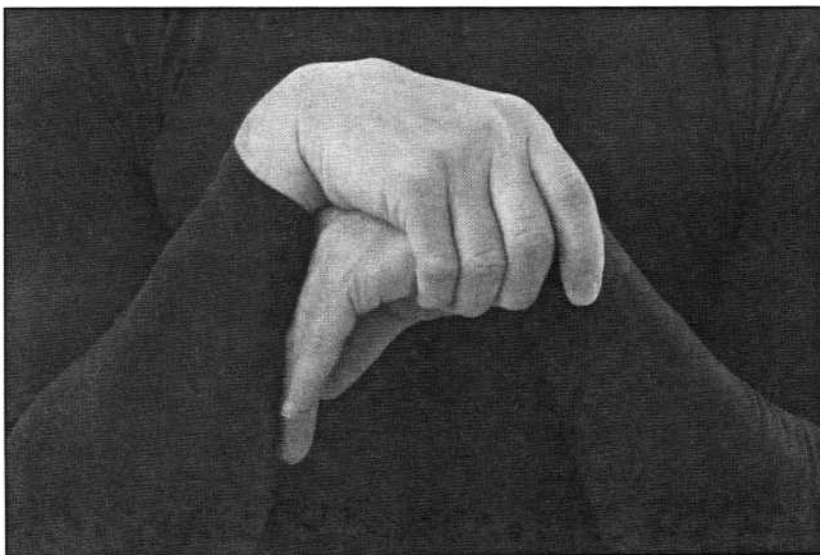
Grasp the left wrist with the thumb and middle finger of the right hand.

Hand position detail.



Inhale, then exhale and drop the elbows toward each other. Squeeze the elbows together while holding the left wrist firmly with the right hand. Hold for five to 10 seconds.

3



4

Inhale and raise the elbows to the starting position, reverse hand position and repeat. Inhale, release and shake hands lightly.