

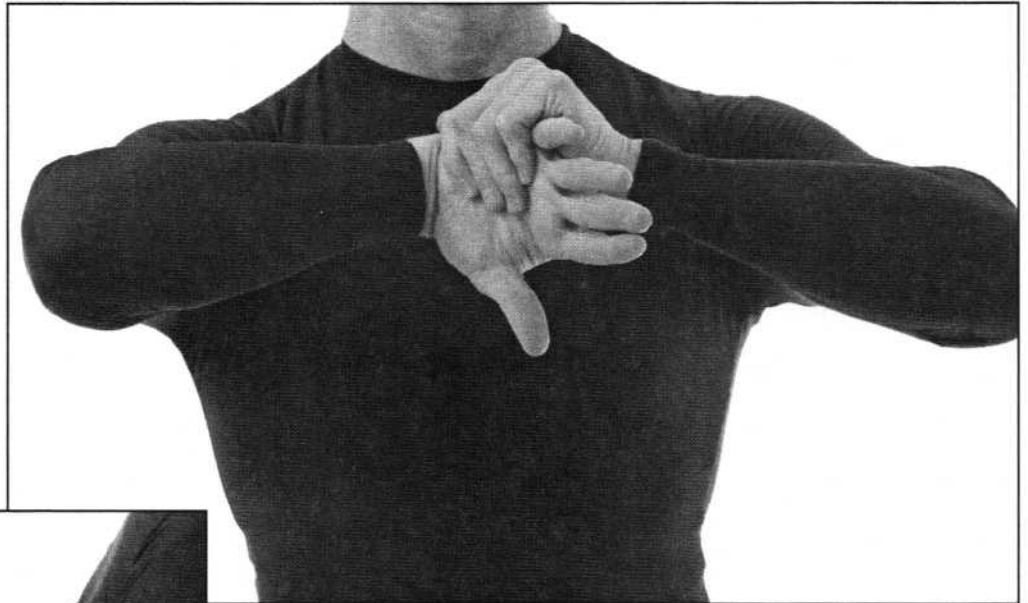
☯ Position 3 OUTWARD WRIST LOCK

Raise the right arm, forearm parallel to the collar bone, turn the wrist to point the fingers away from the body.

1

Grasp the top of the right hand with the left hand, fingers and thumb on top of the knife edge of the right hand.

1

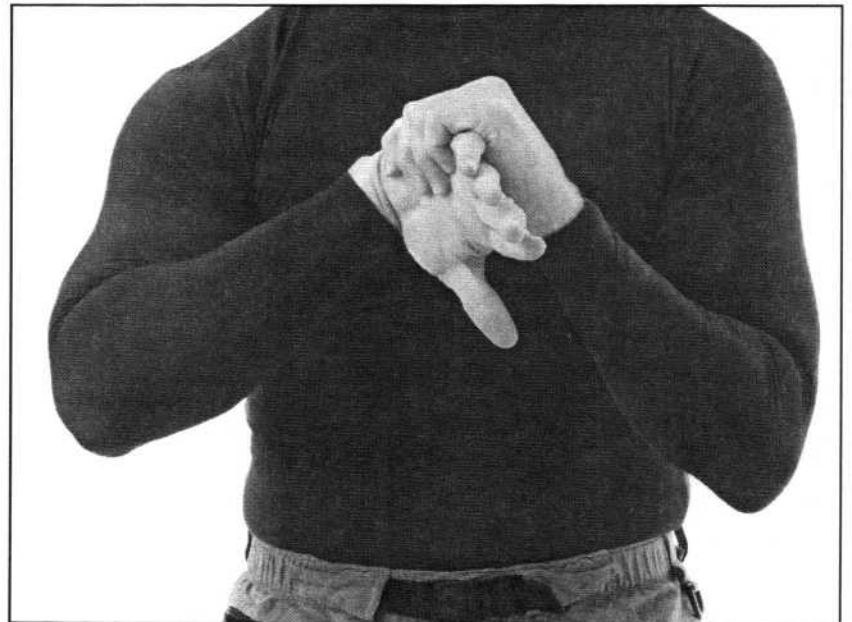


Hand position detail.



Exhale, dropping the right elbow toward the floor until it locks. Pull the top of the right hand with the left hand until the wrist locks. Hold for five to 10 seconds.

3



4

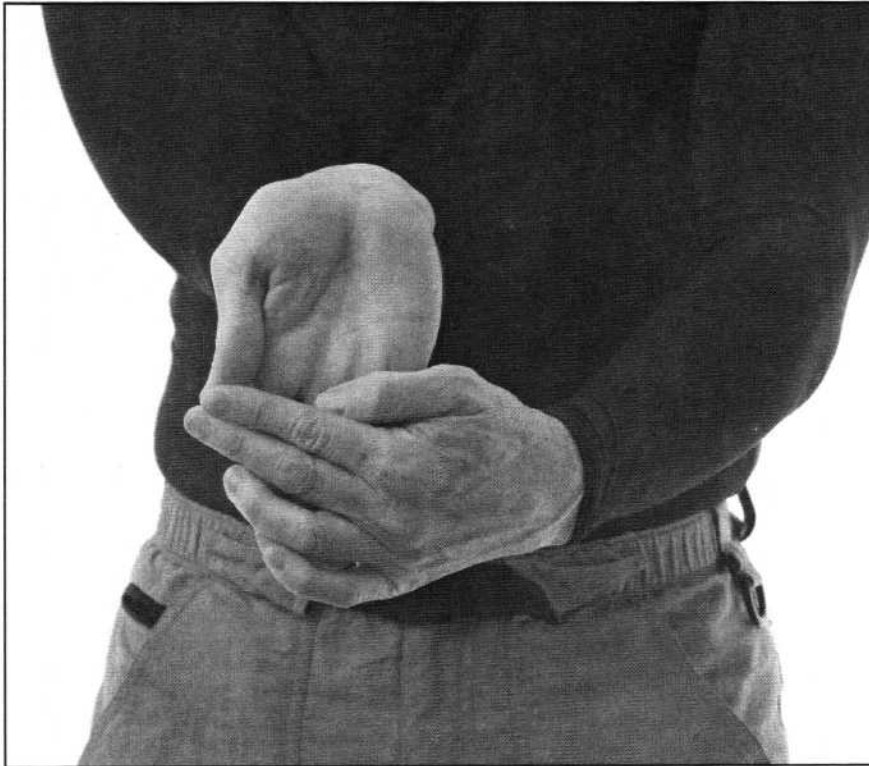
Inhale while releasing and switch position. Inhale, release and shake hands lightly.

☯ **Position 4**

PALM UP – FOLD DOWN

Bring the right elbow to the center line of the body, palm facing away from the body, fingers together pointing down. Place the left hand across the right hand at a right angle.

1



2

Inhale, then exhale and pull the fingers of the right hand down and back toward the body.

Variation: Pull each finger individually back and downward toward the body.



3

Inhale, release and repeat. Shake hands lightly.

