

Guide to: Zhan Zhuang (Post Standing)

STANDING MEDITATION

Mouth is closed, teeth slightly pressed together, with the tongue touching the roof of the mouth.

Breathe in and out through the nose, fully into the belly.

Look over the top of the right middle finger

Eyes are slightly open but relaxed

Right hand about 1 foot in front of face, palm facing left

Push up from the crown of the head

Right elbow pointing down

Slight tuck of the pelvis

Chest relaxed

Belly relaxed

Shoulders relaxed down

Stretch along the spine

Lower back flat, not bowed forward

Knees in-line with toes

Feet, shoulder width apart

Push down from the tailbone

Toes pointed forward

Fingers of the left hand are together with the middle finger released.

