



ChiBall Dance

The Wave

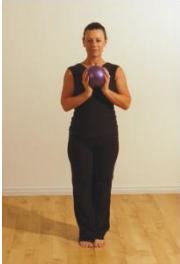
Meridians	Benefits	ChiBall Dance Move
<ul style="list-style-type: none">HeartPericardiumLung	<ul style="list-style-type: none">Releases tension and stiffness in shoulders, upper back and ribcage.Circulation increases to muscles in the arms and legs, as heart rate increases and body temperature rises.	

Teaching The Wave:

- Stand in wide Wu Chi position and place the ChiBall in the left hand.
- Inhale: wave your arm across the body.
- Exhale: open your arm away from body in a generous sweeping movement.
- Repeat this movement eight to sixteen times.

*Be adventurous use different shapes and lines each time as you explore the space around you.
Allow the body to respond naturally, and intuitively to each sweeping movement your arm chooses to make.*

Around the World

Meridians	Benefits	ChiBall Dance Move	
<ul style="list-style-type: none"> Heart Pericardium Lung 	<ul style="list-style-type: none"> Expands chest and improves breathing. Promotes agility and flexibility of the hips, knees and ankles. 	 	 

Teaching Around the World:

- Stand with feet together with the ChiBall held at waist level.
- Inhale: extend the right arm and leg and step out to the side. Continue breathing in as you bring your feet together and pass the ChiBall behind your back to the left hand.
- Exhale: as you step onto your right leg again, extending the left arm and leg to the side and bring the feet together again.
- Repeat four to eight times each side, making the circles small and then much wider around the body each time. Explore the space around your body!

The Breeze

Meridians	Benefits	ChiBall Dance Move
<ul style="list-style-type: none"> Lung Heart Small Intestine 	<ul style="list-style-type: none"> Helps release anger and restores balance to the heart. Relieves tension. Improves and regulates breathing. Balances yin/yang energies. 	

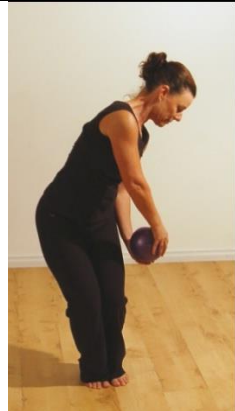
Teaching the Breeze:

- Begin with the feet together with the ChiBall in the right hand. Begin with the right foot, marching/walking softly.
- Inhale, Exhale: slowly synchronize the breathing with the marching/walking: 1,2: exhale; 3,4: inhale.
- Exhale: allow the right foot to step forward and the right shoulder and ChiBall to also swing forward. (count = 1,2)
- Inhale: bring the right foot back and back and open the shoulder allowing the ChiBall to swing back. The action of the ChiBall is similar to a 'figure 8 shape'. (count = 3,4)
- Repeat 8 - 16 times before repeating on the left foot.

TEACHING POINTS:

- Allow the shoulder to fully relax and rotate.
- Keep the feet soft. (avoid stomping)
- Keep the knees soft .(avoid stiffening)
- Feel an easy swinging movement within the hips and pelvis.

The Exchange

Meridians	Benefits	ChiBall Dance Move
<ul style="list-style-type: none"> Heart Small Intestine Lung 	<ul style="list-style-type: none"> Stimulates and massages organs of the middle heater. Promotes circulation of blood and chi throughout the body. Tones the flesh of the thigh muscles. Relieves stress and tension. Strengthens and mobilises the spine. 	

Teaching The Exchange:

- Begin with the feet together, with the ChiBall in both hands held in front of the Dan Tien.
- Inhale: step the right foot out to the side and allow the right hand to follow. Continue inhaling as you close the left foot and bring the left hand and ChiBall to place it into the right hand.
- Exhale: step the left foot out to the side and allow the left hand to follow. Continue exhaling as you close the right foot and bring the right hand and ChiBall to place in the left hand.
- Repeat 8 to 16 times.

NOTE: Express the yin/yang energies by making this movement very wide or very small in execution. Allow the ChiBall to arrive at the very last minute so that you create a sense of energy and space in and around you.