

1. The Big Hug - 3 minutes the first time and 1 minute thereafter between every exercise

2. Carry the Bowl - 3 minutes

3. Cow Goes to the Sea - 2 parts, 1 minute each/swallow 3 times at the end of the Big Hug

4. Rabbit on Parade

5. Eagle Claw

6. Cat Chases the Mouse

7. The Whip

8. Big Ape

9. Bird Flies Through the Clouds

10. Leading the Sheep

12. Elephant swings its Head

13. Tiger Claw

14. Horse Stomps its Feet

15. Dragon Wraps Around the Pole

16. Rhino Looks at the Moon - 3 minutes each side

17. Big Hanger - 3 minutes each side

18. Tiger Stretches its Back - both sides

19. Old Man Crawls Out of the Hole - 3 minutes each side

20. Paddle the Boat

21. Action of the Axe

22. Eagle Hunts for Food - 3 minutes

23. Monkey Climbs the Tree

24. Old Man Makes Medicine - 3 parts

Meditate approximately 5 minutes/rub temples and face gently. Pound stomach and rub vigorously. Eat something light/no cold food or drinks for 1/2 hour.

Begin with 36 repetitions on each exercise and increase to 72.

Copyright 2009 Edward Niam