

Energy Break

Prepared by Linda Feltes

1. Pair with a partner
2. 3 tai chi breaths: deep breaths, expanding lungs and into stomach. Emphasize a deep exhale.
3. Rub hands together quickly, capture energy. Slowly open your hands and even more slowly, close them. Can you feel any heat or pull between the palms of your two hands?
4. Stand facing partner. One partner leads a movement. The other follows, or mirrors. Start with moving hands, and then include any and all parts of the body, head, elbows, hips, legs, and feet. After 2-3 minutes of continuous movement, let other partner lead.
5. "Air spare" or air box with partner. Alternate between movements:

- a. Jab
- b. Upper Cut
- c. Cross
- d. Hook

6. Rub hands, open and close, bring hands to side.
7. 3 tai chi breaths
8. End. Thank you.

