

Salutation

1. Starting in the Wu Chi position, and as you inhale, let your wrists rise up as if lifted from a thread. Elbows are relaxed and slightly bent.
2. When your wrists are at about shoulder height, let your finger tips gently extend outward.
3. As you exhale, let your elbows drop, then let your wrists glide down, bringing your arms back down to your sides.

