

Name of Move	Number of repetitions/sets
Rocking Motion	9 or multiples of 9 eg 18, 27 etc.
Bird Flaps its Wings	3 sets (1 set = 2x flap, 1x circling hands)
Around the Platter	9 on each side, begin weight on right foot, left foot forward
Around the Platter Variation	Ditto
Bass Drum	Ditto
Daughter on the Mountain	Ditto
Daughter in the Valley	Ditto
Carry the Ball to the Side	3x 3 weight shifts to left, then to right
Push Pull	9 on each side, begin weight on right foot, left foot forward
Pulling in the Energy	Ditto
Pulling Taffy	Weight right foot, step with left, then right, 3 sets
Anchor Taffy	Ditto
Wrist Circle Taffy	Middle, Pulling Taffy to left, Middle, Pulling Taffy to right - 3 sets
Perpetual Taffy	9 sets, stepping to left
Working the Pulley	9 on each side, begin weight on right foot, left foot forward
Light at the Top of the Head, Light at the Temple	2 of X 3 opening at head and temple
Joyous Breath	3 times
Passing Clouds	9 sets, begin weight on left foot, stepping to right
Six Healing Sounds	3 sets
Cosmic Consciousness Pose	Let thoughts and energy settle down to the soles of the feet.

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