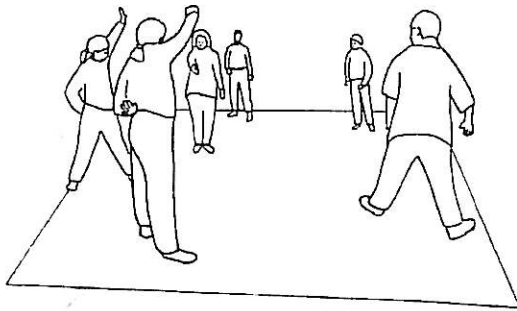


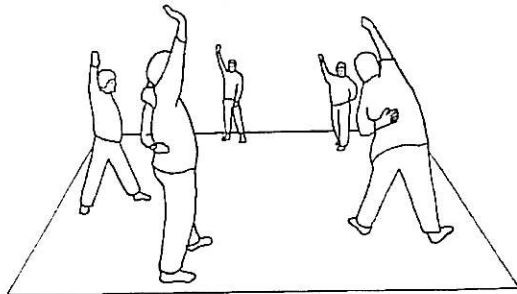


Standing variations

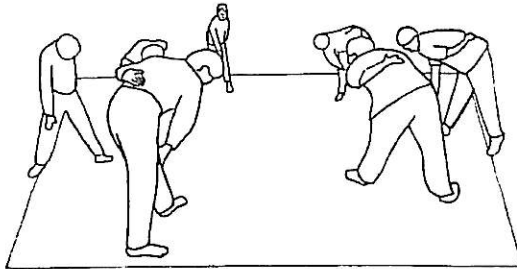


Crane (1)

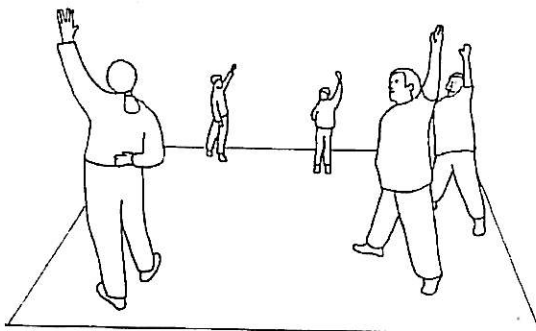
Five students stand in a circle, facing sideways, with feet spread two and a half foot-lengths apart. Trainer stands in the middle of the circle pointing their hand to show the direction in which the student's foot nearest to the middle (i.e. left foot), is to be positioned.



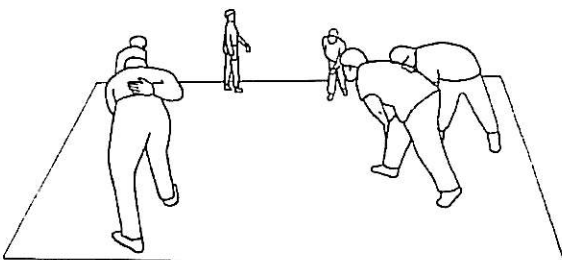
Students place left arm behind their backs and breathe in raising right arm above their heads.



They all bend towards the left leg pointing towards the middle, and lower the right arm towards the left leg, while breathing out "ah".



Then they come up.

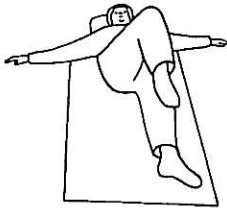


Repeating same on other side.

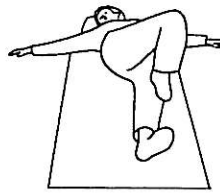


Lying advanced variation

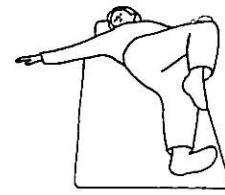
Crane (15)



Lying with legs out straight, placing right foot on top of the left knee.



Rolling right knee over towards left side and turning head to the right.



Placing left hand on top of right knee. Remaining in this Posture for three rounds of breathing.

Caution: Care is needed not to put undue weight on the knee.

Note: In this Posture the student is turning the head to the opposite direction. A better variation for this Posture would be to turn the look towards the hand on the knee.

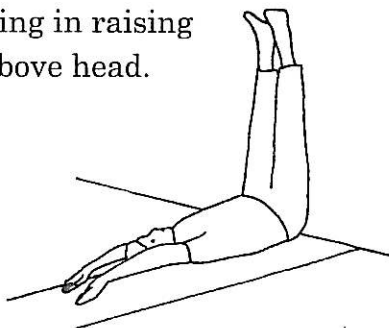
Lying with legs up against wall variations

Note: See how to get legs up wall on page 27.

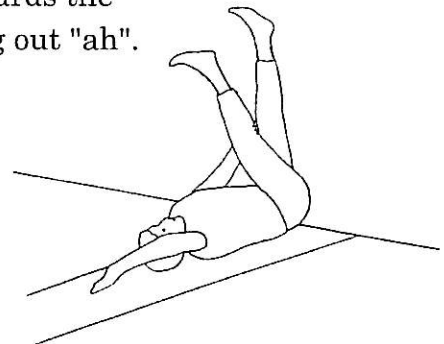
Crane (16)

Lying on the floor with legs vertically against the wall.

Breathing in raising arms above head.



One arm is brought down across the body to hold the back of the opposite knee and pulled towards the body, breathing out "ah".



Leg is released and placed against wall and arm returns to original position.

Same is then repeated on opposite side.



Sitting on bench variation

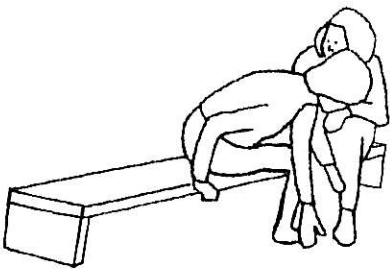
Crane (20)

While student sits astride a wooden bench, the following illustrations show three different ways in which the trainer assists the student to take one arm across the body to touch the floor on the opposite side.



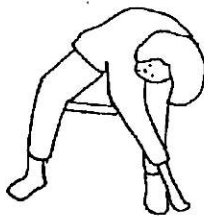
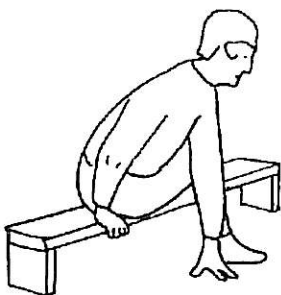
- i. Trainer stands the other side and helps student take her arm across and down the other side.

Then the student sits up.



- ii. Trainer sits astride in front of student to assist her to hold on to one side of the bench and take the opposite arm across and down to touch the floor.

Then they sit up.



- iii. Trainer sits on a stool in front of student and shows her how to take one hand across body and put it down on outside of opposite foot.

Then they sit up.