**10 Point Tibetan Meditation**

Sit comfortably cross legged on the floor (use a wall for support) OR use a chair, sitting at the edge of the seat with a straight spine.

*Allow the physical movements to follow the flow of the breath. Focus on synchronous, deliberate, and focused movements between the breath and body movements.*

1. When you’re ready, take a deep breath in, and slowing exhale. On your next inhalation draw a deep breath into the lower lungs, the chest and abdomen should expand on the in-breath. Bring the back of the hands to a resting position on hip/upper thigh crease



1. EXHALE: rotate hands inward towards the abdomen and fan out, palms down over the knees



1. INHALE: fingers spread, hands lift, elbows up parallel to shoulders, shoulders down



1. BREATHE OUT: Push hands directly forward
2. BREATHE IN: rotate hands in, abduct arms out along side – nerve stretch – shoulder rolled forward and down, hands pinched and stretch to elbows
3. BREATHE OUT: Rotate Arms open, elbows facing front, shoulder blades down, palms open and fingers stretch back to elbows for median nerve stretch



1. BREATHE IN: Hands drawn forward parallel to each other
2. BREATHE OUT: Rotate hands palms towards the face, then in a fluid sweeping motion, down the trunk of the body and push hands palms forward as if pushing the air away
3. BREATHE IN: Hands palm down slowly lower over the knees
4. BREATHE OUT: Hands rotate out away from the thighs, and draw the up-turned palms to rest on hip/upper thigh crease
5. BREATHE IN, EXHALE, on the INHALATION begin again from step 2