Crane Takes Flight

- Start in *Horse Stance* – check weight in both legs/feet, back in neutral, head floating upward.
- Slowly bend your knees, keeping your back upright, tailbone aligned with your heels.
- As you rise, inhale and raise your hands to shoulder height, wrists leading the movement, hands relaxed.
- As you sink back down, let your arms come back to your sides as you exhale.

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*Adapted from Tai Chi Fundamentals by Tricia Yu*