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.

—Adapted from Tai Chi Fundamentals by Tricia Yu

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.