

## **Weaving Hands and Feet Together**

Interlace fingers with the toes of the opposite foot, sole to palm - you can be seated or lying on your back with your knees bent, ankle propped on opposite thigh.....it's OK to cheat the toes apart with the free hand!

1. Use your hand to feel your foot
2. Use your foot to feel your hand
3. See if you can sense the linking by using your hand to feel the foot, and then feel through the foot, leg, hip, across the torso to the opposite shoulder, down the arm, into the hand, and continue around the circuit.
4. Repeat using the foot to feel the hand and through the circuit in the opposite direction.
5. a. Use the toes to squeeze the fingers and then spread the toes
  - \* keep hips and thigh muscles relaxed
  - \* breatheb. Use the fingers to spread the toes
- c. Lengthen by pulling firmly the toes individually while rotating forefoot various directions.

Alternate a/b/c 3 times

Stand and notice the effect... Repeat on the other side.

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