

# Soutai ho

## Exercises

1. Lift arms sideways up to shoulder height, very slowly, so you can feel when the lifting becomes more difficult.



Stop as soon as you feel your lifting muscles. Feel, which side is easier/harder. Shift your weight to the side, which is more difficult.

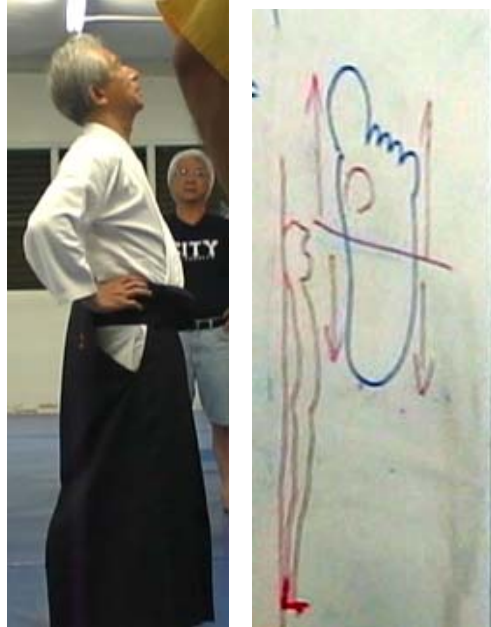
- a. Now repeat the exercise 3 times:
    - i. Breath in
    - ii. Breathing out, lift both arms slowly
    - iii. Breath in
    - iv. Breathing out, relax the upper body totally, dropping arms suddenly
  - b. Now test the other side, it should have become easier.
2. Walking: lift knees in front of body, feel which side is easier/harder.



- a. Now repeat the exercise 30x, stomping down harder on the leg that was more difficult to lift.
- b. Finishing of make 3 slowing down steps.

c. Now test the other side, it should have become easier.

3. Lean back – lean forward: Leaning slightly back (not too far, only as far as is possible while e.g. leaning on a wall), weight is on the front of the foot, feel whether it is easy or difficult.



Then lean forward, pointing fingertips to your toes, bending forward very slowly until you feel back muscles, weight is on the back of foot.



- a. Repeat the following exercise 3x:
- i. If leaning forwards was easier than leaning back do the forwards bending variation:
    1. breath in
    2. breathing out lean slowly forward

3. breathing in, lift face then stand up,



4. take a natural breath, repeat from 1
  - ii. If leaning back was easier, do the backwards bending variation
    1. breath in
    2. breath out, bend back
    3. breath in, stand up straight
    4. take a natural breath, repeat from 1
  - iii. Now test the other side, it should have become easier.
4. Lift right arm from front up, palm facing front, little finger pointing to the sky, arm close to ear, transfer weight to the front of foot on the side on which arm is lifted. The heel of the other foot may be lifted.



Relax arm rapidly, repeat with left arm. Note which arm is easier to lift. Then repeat the same exercise with this arm. Finally test the other arm, which should become easier to lift.

5. Breath in, breathing out twist your body to the right side, spiralling your hands, left palm down, right palm up, looking up 45 degrees.



Breathing in return to centre. Relax. Repeat to the other side. Check for the easier side. Repeat exercise 3 times on easier side, then check the other side.

6. Breath in, lift both arms, front up, palms facing front. Lift heels if you can.



Breathing let arms drop in a sudden total relaxation. Repeat three times.