

You Get One Body

Sixteen small practices — what each one does, and how we know

Yarra — Smile to Your Body

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Before you start

You get one body. It has kept you alive every second so far.

This book holds 16 small practices. Each one says what to do, what it does inside you, and how sure anyone can be about that.

Who is Yarra? Yarra is a fictional, AI-assisted persona. Every demonstration image is AI-generated. The practices are real and documented; the person is not.

This is not medical advice. For pain, injury, dizziness, pregnancy, disability, chronic conditions, or anything that worries you, ask a qualified professional first. Stop any practice that hurts.

How to read the labels. Every claim carries a label so you can see where it comes from:

- **Evidence** — what published research reports, including when it is thin.
- **Experience** — what people commonly notice. Useful, but not proof.
- **Anatomy** — which muscles and joints are doing the work.
- **Tradition** — what a lineage teaches. Respected, and not a scientific claim.
- **Practical** — plain advice on when and how.

Two difficulty numbers. *Adapted* is the gentlest honest version, with seated options. *Traditional* is the practice as its lineage teaches it. Start adapted.

Breath

The Physiological Sigh

Functional breathing · Functional patterns

Two inhales through the nose — a full one, then a short top-up — followed by a long, unhurried exhale through the mouth. The body already does this on its own; here it is done on purpose.

Difficulty: adapted 1/10 · traditional 2/10

Time: about 30 seconds

How often: One to three cycles, as needed through the day.



How to do it

1. Sit or stand comfortably. Let the shoulders be heavy.
2. Inhale through the nose until the lungs feel comfortably full.
3. Without exhaling, take one more short sip of air through the nose — a small top-up at the top.

4. Exhale slowly through the mouth, longer than the inhale, letting the air leave on its own schedule.
5. That is one cycle. One to three cycles is a complete practice; there is no need for more in one sitting.



Breath: Double nasal inhale, extended oral exhale. Keep everything at comfortable volumes — this is a sigh, not a gasp.

If standing or full range is not for you today

- **Seated chair:** Identical seated; this pattern is position-independent.
- **Low range:** Single comfortable inhale with a lengthened exhale — same shape, smaller dose.

What is happening in the body

The double inhale reinflates small air sacs that quietly collapse over a long sitting day, and the long exhale is the part that matters for settling — extending the out-breath relative to the in-breath is associated with a shift toward the body's rest-and-digest

state. Your body already does this spontaneously every few minutes. Here you simply take the wheel.

What it does — and how sure we are

- **Right away: Evidence** — Controlled studies of deliberate sighing patterns report short-term reductions in self-reported arousal/stress compared with some other breathing patterns; effects are modest and individual. **Experience** — Commonly felt as rapid settling.
- **Over weeks: Experience** — With practice, the pattern becomes available quickly in stressful moments. Research on long-term daily use is limited.
- **Over months: Evidence** — Long-term outcome research specific to this pattern is limited; no claims made.

Normal to notice: a sense of release on the long exhale; slower breathing afterward; mild lightness.

Stop, or check first

- dizziness or tingling — return to normal breathing and let it pass
- any chest pain or unusual shortness of breath: stop and seek appropriate medical help
- if breathwork reliably triggers anxiety, practice with professional guidance
- respiratory or cardiac conditions → professional guidance for any breath practice
- panic-prone → keep doses tiny; stop at discomfort
- never practice breathwork while driving if it makes you drowsy, or in water

In daily life: The body issues these sighs unprompted about every five minutes. Once an hour, beat it to the punch.

Where to check:

- Cyclic sighing research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=cyclic+sighing+breathwork>
- NCCIH: relaxation and mind-body approaches (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

Box Breathing

Functional breathing · Functional patterns

Four equal sides: inhale, hold, exhale, hold — commonly four counts each. A square drawn in breath, steadying by way of symmetry.

Difficulty: adapted 3/10 · traditional 5/10

Time: about 2 minutes

How often: A few minutes, once or twice daily, or as needed.



How to do it

1. Sit comfortably tall. Breathe normally for a few breaths first.
2. Inhale through the nose for a comfortable count of four.
3. Hold the air gently for four — soft throat, no clamping or pressure.
4. Exhale through the nose or mouth for four.
5. Rest empty for four, staying relaxed rather than braced.
6. Repeat for four to eight rounds. If four counts feels like straining, use three, or two — the square matters, not its size.



Breath: Equal-count inhale, hold, exhale, hold. The holds are gentle pauses, never pressure. Shrink the count before you strain.

If standing or full range is not for you today

- **Seated chair:** Identical seated; position-independent.
- **Low range:** Two- or three-count square, or a 'rectangle': inhale four, exhale four, no holds.

What is happening in the body

Equal counts give the nervous system a predictable rhythm and give the mind a job small enough to actually complete. Slowing the breath toward roughly six cycles a minute is where most of the measurable settling happens; the pauses mainly train comfort with stillness at both ends of the breath. The counting is scaffolding, not magic.

What it does — and how sure we are

- **Right away: Experience** — Commonly reported: steadier, slower breathing and a more gathered attention within a few minutes. Individual responses vary.

- **Over weeks: Evidence** — Slow-paced breathing practices generally show modest short-term effects on self-reported stress in reviews; box-specific long-term research is limited.
- **Over months: Evidence** — Limited pattern-specific evidence; no claims made.

Normal to notice: calmer pacing; occupied, quieter attention; mild air hunger at first, which should stay mild.

Stop, or check first

- dizziness, tingling, or real air hunger — return to normal breathing
- any chest pain or unusual shortness of breath: stop and seek appropriate medical help
- if breath holds trigger anxiety or symptoms, practice without holds or with professional guidance
- respiratory or cardiac conditions → professional guidance; consider no-hold variation
- pregnancy → skip or minimize holds
- panic-prone → no-hold rectangle variation
- never practice extended holds in water or while driving

In daily life: Draw the square while the kettle heats or the printer complains. Four sides fit almost exactly one page of most printers' groaning.

Where to check:

- Slow-paced breathing research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=slow+paced+breathing+stress>
- NCCIH: relaxation and mind-body approaches (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

Coherent Breathing

Functional breathing · Functional patterns

Slow, even breathing at around five to six breaths per minute — roughly five counts in, five counts out — continued for a few unhurried minutes.

Difficulty: adapted 1/10 · traditional 3/10

Time: about 5 minutes

How often: Two to five minutes, daily or as wanted.



How to do it

1. Sit or lie comfortably. Let the breath be nasal if that's easy.
2. Inhale gently for about five counts.
3. Exhale gently for about five counts, with no pause engineered at either end.
4. Continue for two to five minutes, letting the count fade into rhythm once the pace feels natural.
5. Finish by letting the breath do whatever it likes, and notice what that now is.



Breath: Even inhale and exhale, about five to six breaths per minute, always at comfortable volume — a rocking chair, not a metronome you must obey.

If standing or full range is not for you today

- **Seated chair:** Identical seated; position-independent.
- **Low range:** Four-count version, or simply ‘exhale a little longer than usual’ for one minute.

What is happening in the body

Breathing at about five to six cycles per minute lines the breath up with a natural rhythm in the cardiovascular system, and heart-rate variability rises measurably during the practice. That is one of the more reliably reproduced findings in breathwork research. The felt experience — a tidal, rocking quality — is the same phenomenon from the inside.

What it does — and how sure we are

- **Right away: Evidence** — Slow breathing near six breaths per minute reliably increases heart-rate variability during the practice in lab settings; felt calm commonly accompanies it. Individual responses vary.
- **Over weeks: Evidence** — Reviews of slow-paced breathing programs report modest improvements in self-reported stress and mood measures across weeks; study quality varies.
- **Over months: Evidence** — Long-term evidence is thinner; no strong claims made.

Normal to notice: a rocking, tidal quality; slower heart-feel on the exhale; drowsiness if practiced lying down.

Stop, or check first

- dizziness or tingling — return to normal breathing
- any chest pain or unusual shortness of breath: stop and seek appropriate medical help

- distress of any kind — stop; breath practice should not be endured
- respiratory or cardiac conditions → professional guidance
- not while driving if drowsiness appears
- orthostatic symptoms → practice seated

In daily life: Match the breath to a slow walk — about three steps in, three steps out — and the sidewalk becomes the metronome.

Where to check:

- Slow breathing and heart-rate variability on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=slow+breathing+heart+rate+variability>
- NCCIH: relaxation and mind-body approaches (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

4-7-8 Breathing

Functional breathing · Functional patterns

Inhale four, hold seven, exhale eight — a strongly exhale-weighted pattern, popularized as a wind-down ritual. The counts are a proportion, not a law.

Difficulty: adapted 3/10 · traditional 5/10

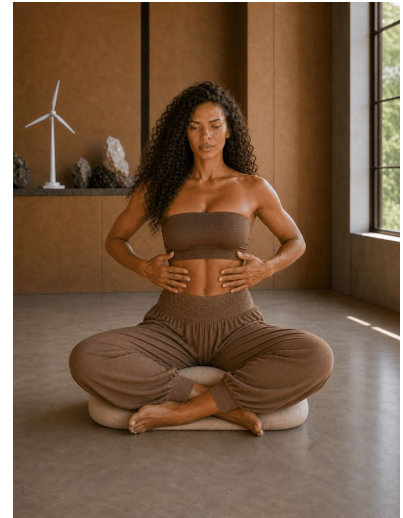
Time: about 2 minutes

How often: Two to four cycles, once or twice daily at most — this one rewards small doses.



How to do it

1. Sit comfortably or lie down. Rest the tongue lightly behind the upper front teeth if that's comfortable — traditional to the popular method, optional here.
2. Exhale fully once through the mouth.
3. Inhale quietly through the nose for four counts.
4. Hold gently for seven counts — soft, unbraced, no pressure in the head or chest.
5. Exhale audibly through the mouth for eight counts, slow and unforced.
6. That is one cycle. Two to four cycles is plenty; stop earlier if lightheaded.



Breath: 4:7:8 proportion, exhale nearly twice the inhale. Scale the whole ratio down (2:3.5:4) rather than straining any phase.

If standing or full range is not for you today

- **Seated chair:** Identical seated; position-independent.
- **Low range:** Halved counts (2-3.5-4), or drop the hold entirely: inhale four, exhale eight.

What is happening in the body

An exhale nearly twice the length of the inhale is the active ingredient; the long out-breath is where the settling lives, and the hold mostly stretches the ratio. Pattern-specific research is thin, so we describe the mechanism honestly rather than promising an outcome. Practice it seated until you know how strongly it affects you.

What it does — and how sure we are

- **Right away: Experience** — Widely reported as sedating; useful before sleep. Controlled research specific to 4-7-8 is limited; exhale-weighted slow breathing gener-

ally associates with short-term calming in studies.

- **Over weeks: Evidence** — Pattern-specific trials are few and small; no strong claims made.
- **Over months: Evidence** — Insufficient pattern-specific evidence; no claims made.

Normal to notice: heaviness or drowsiness; slower pulse-feel; brief mild lightheadedness early on.

Stop, or check first

- more than mild dizziness or tingling — return to normal breathing
- any chest pain or unusual shortness of breath: stop and seek appropriate medical help
- if holds provoke anxiety or symptoms, use the no-hold variation or professional guidance
- respiratory or cardiac conditions → professional guidance; prefer no-hold variation
- pregnancy → minimize or skip the hold
- panic-prone → no-hold variation
- never practice while driving; sedation is the point
- never practice breath holds in water

In daily life: The last two minutes before lights-out, already lying down, phone already face-down across the room — that placement being the true advanced technique.

Where to check:

- Slow-paced breathing research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=slow+paced+breathing+stress>
- NCCIH: relaxation and mind-body approaches (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

Meditation

Sitting with the Breath

Sitting meditation · Foundations

The plainest meditation there is: sit comfortably, follow the ordinary breath, and every time attention wanders, walk it home without commentary. The returning is the practice.

Difficulty: adapted 1/10 · traditional 3/10

Time: about 5 minutes

How often: Daily, in whatever dose survives your schedule. Consistency outranks duration by a wide margin.



How to do it

1. Sit on a chair or cushion so the spine is tall but not held — dignified and at ease.
2. Rest the hands anywhere comfortable. Let the eyes close, or lower the gaze softly to the floor.
3. Find the breath where it is most obvious — nostrils, chest, or belly — and let attention rest there.

4. When the mind wanders (it will, constantly, and that is not a malfunction), notice, and return to the breath without scolding.
5. Continue for your chosen minutes. One is legitimate. Five is generous. Twenty is a season ticket.
6. Before opening the eyes, notice the room's sounds, the body's weight, and let the sitting end on purpose rather than by escape.



Breath: The breath is not managed at all — it is only watched. If watching changes it, watch that too.

If standing or full range is not for you today

- **Seated chair:** The chair IS a first-class option, not a lesser one. Feet flat, back supported if needed.
- **Low range:** One minute, eyes open, gaze soft on the floor — a complete practice.
- **Supported:** Lying down with knees bent if sitting is unavailable; accept that sleep may claim some sessions with honor.

What is happening in the body

What is trained here is not calm but noticing — the moment you catch that attention has wandered and bring it back. That catch-and-return is the repetition, the way a bicep curl is a repetition, and reviews of brief mindfulness training report modest improvements in attention and self-reported stress. The wandering is not the failure; it is the equipment.

What it does — and how sure we are

- **Right away: Experience** — Sometimes calm; sometimes a vivid inventory of restlessness. Both are the practice. Responses vary.
- **Over weeks: Evidence** — Reviews of brief mindfulness training report modest improvements in attention and self-reported stress over weeks; effects vary by person and program quality.

- **Over months: Evidence** — Longer-term meditation research suggests durable changes in attention and reported wellbeing for sustained practitioners; methodology varies. No individual outcome is promised.

Normal to notice: restlessness early on; drowsiness; vivid awareness of itches and sounds; occasional deep settling.

Stop, or check first

- if meditation reliably surfaces overwhelming or distressing material, stop and seek guidance from a qualified teacher or mental-health professional — this is a known effect for some people, not a personal failing
- pain from the sitting position — change position; endurance sitting is not the goal
- trauma history or current mental-health crisis → practice with qualified professional support; intensive retreats are not a starting point
- meditation is not a substitute for professional mental-health care

In daily life: Any red light, elevator ride, or loading bar is a micro-sit: one breath watched all the way through. The progress bar becomes a meditation bell that thinks it's annoying you.

Where to check:

- NCCIH: Meditation and Mindfulness — Effectiveness and Safety (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>
- Meditation systematic reviews on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=meditation+systematic+review>

Slow Walking Meditation

Walking meditation · Foundations · kinhin

Walking slowed until it becomes visible to itself: short steps, full attention in the feet, a small circuit traveled with nowhere to arrive.

Difficulty: adapted 3/10 · traditional 5/10

Time: about 5 minutes

How often: Five to fifteen minutes, daily or as wanted; also an interlude inside longer sitting sessions.



How to do it

1. Choose a short, safe path — five to ten meters of hallway, garden, or quiet room. Stand still at one end for a breath.
2. Begin walking noticeably slower than normal. Let each step be a full event: lifting, moving, placing, weight arriving.
3. Keep the eyes softly open, gaze resting a couple of meters ahead — this is a walking practice, not a balance dare.
4. Let the hands rest easily — folded loosely in front, behind the back, or at the sides.
5. At the end of the path, stop, breathe once, turn around unhurriedly, and walk back.
6. Continue for your chosen minutes. When the mind wanders, the next footstep is always waiting to receive attention back.



Breath: Natural. Some traditions pace steps to the breath; here the feet are the anchor and the breath minds itself.

If standing or full range is not for you today

- **Seated chair:** Seated variation: with feet flat, slowly alternate pressing attention (and gentle weight) through one foot, then the other — walking's essence without standing.
- **Supported:** Walk a hallway with fingertips tracing the wall, or beside a rail; the support is part of the practice, not a compromise.
- **Low range:** Normal-speed mindful walking outdoors: feel the feet for one block, then rest attention wherever it likes for one block, alternating.

What is happening in the body

Walking slowly is harder than walking normally, because you lose the momentum that normally carries you through each step — the hip stabilisers and foot muscles have to do the work instead. That extra demand is exactly what makes the feet so vivid. It also gives restless days a meditation posture that does not require sitting still.

What it does — and how sure we are

- **Right away: Experience** — Commonly a settled alertness — steadier than sitting for restless days, gentler than exercise. Responses vary.
- **Over weeks: Experience** — Balance at slow speeds and comfort with stillness-in-motion typically improve. No guaranteed timeline is supported.
- **Over months: Evidence** — Walking-meditation-specific research is small; mindful-movement programs generally show modest wellbeing effects in reviews. No specific claims made.

Normal to notice: wobbles at slow speed; vivid foot sensation; impatience arising and passing; settling after a few lengths.

Stop, or check first

- loss of balance beyond small wobbles — use support or switch to seated practice
- pain that alters the gait
- dizziness — sit down
- any severe or persistent symptom: stop and seek appropriate medical help
- fall history or balance disorders → supported or seated variation only
- neuropathy or reduced foot sensation → shoes on, support available, professional guidance
- outdoor practice → pick terrain honestly; ice and roots do not respect meditation

In daily life: The walk from the car to the door, taken at half speed, is a complete session. Nobody watching can even tell — it just looks like dignity.

Where to check:

- Kinhin — overview — <https://en.wikipedia.org/wiki/Kinhin>
- NCCIH: Meditation and Mindfulness (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

Qigong

Two Hands Hold Up the Heavens

Ba Duan Jin · Eight Brocades · Liǎng shǒu tuō tiān lǐ sānjiāo

The opening brocade: the hands travel from the lower abdomen to a comfortable overhead reach and return as the knees softly straighten and bend—an unhurried coordination of posture, gaze, and natural breath.

Difficulty: adapted 2/10 · traditional 6/10

Time: about 60 seconds

How often: The cited April 2026 consultation draft describes six cycles. A beginner may start with two or three comfortable cycles and build toward six. Repetition counts vary across versions; comfort and form take priority over count.



How to do it

1. Stand with the inner edges of the feet about shoulder-width apart, toes facing forward, knees softly bent, torso upright, and gaze forward. Bring the hands near the lower abdomen with palms facing up and fingertips comfortably apart.

2. Spread the fingers, then lightly cross or interlace them in front of the lower abdomen without gripping or forcing the wrists.
3. Keeping the gaze forward, slowly lift the crossed hands close to the body's midline until they reach chest height, palms still facing upward.
4. Gradually straighten the knees within a comfortable range as the hands turn and continue upward. Let the eyes follow the hands briefly without throwing the head back.
5. Continue to a comfortable overhead reach, extending the elbows without locking them. Gently return the chin toward neutral and look forward. Stay upright rather than leaning backward, and stop below full height if the shoulders or wrists feel restricted.
6. Slowly soften the knees, separate the fingers, and lower the arms outward through the sides. Bend the elbows and return the hands, palms up, near the lower abdomen. This completes one cycle.



Breath: Begin with natural, unforced breathing. If matching breath to movement remains easy, inhale while the hands rise and exhale while they lower. Do not strain, suppress, or hold the breath in this beginner-facing version; make the movement smaller

whenever the breath becomes uncomfortable.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation—not the standardized standing form: sit toward the front of a sturdy armless chair with both feet supported. Remain upright and perform only the hand-and-arm path that feels comfortable.
- **Low range:** Modern accessibility adaptation—not the standardized full reach: stop the lift at chest, face, or diagonal height. Keep the neck neutral and do not force the shoulders or wrists.

What is happening in the body

Raising the arms overhead while the knees gently straighten asks the shoulder blades to rotate upward and the ribs to lift — two motions that long sitting quietly removes from your day. The lengthening you feel along the sides is the ribcage regaining a range it already owned. Nothing mystical is required for that to be worth doing.

What it does — and how sure we are

- **Right away: Experience** — Some practitioners may notice gentle warmth, easier awareness of posture, or a subjective sense of length. Others may notice little; these sensations are not diagnostic.
- **Over weeks: Experience** — Repetition may make the sequence feel more familiar and coordinated. No reliable source establishes a guaranteed improvement timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: reviews of multi-week programs using the complete Ba Duan Jin set suggest possible improvements in aspects of physical function and balance, particularly in studied middle-aged and older populations. This does not establish a specific benefit from Move 01 alone; study quality and populations vary.

Normal to notice: mild muscular effort; a gentle, non-painful stretch; possible warmth in the hands or shoulders; comfortable changes in breathing or attention.

Stop, or check first

- sharp, pinching, or worsening joint or muscle pain
- dizziness, faintness, visual disturbance, or loss of balance
- chest pressure or pain, palpitations, or unusual shortness of breath
- new numbness, tingling, or weakness
- any severe or persistent symptom: stop and seek appropriate medical help
- current shoulder, neck, elbow, or wrist pain or injury → use a comfortable lower range and seek qualified guidance if unsure
- balance difficulty or fall risk → use the seated or supported adaptation
- unstable or uncontrolled medical condition, recent surgery, or unexplained exercise symptoms → obtain clinician clearance before beginning
- pregnancy or postpartum recovery → safety evidence for qigong is limited; ask the treating clinician about appropriate modifications

- never use this exercise to replace or delay medical care

In daily life: Every high-shelf reach is a rehearsal: soften the knees, exhale, lengthen before you grab. One mindful reach per day counts.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Drawing the Bow to Shoot the Hawk

Ba Duan Jin · Eight Brocades · Zuǒ yòu kāi gōng sì shè diāo

The second brocade: from a wider stance, the arms open like an archer drawing a bow — one hand pressing away, the other drawing back — alternating sides at an unhurried pace.

Difficulty: adapted 3/10 · traditional 7/10

Time: about 2 minutes

How often: Traditionally performed as part of the full eight-movement set; commonly repeated about three times per side in the standardized form. Comfort and form take priority over count.



How to do it

1. From a comfortable stance, step the left foot out so the feet are wider than the shoulders. Bend the knees only as far as feels stable — a high, gentle horse stance is enough.
2. Cross the hands in front of the chest, left hand outside, both palms facing the body.
3. Form the left hand into a gentle 'eight' shape (index finger and thumb open, other fingers folded) and slowly press it out to the left at shoulder height, as if holding a bow.
4. At the same time, draw the right hand back toward the right shoulder with a soft fist, elbow lifted about level with the wrist, as if drawing a bowstring. Let the head turn to look past the left fingertips without straining the neck.
5. Pause for a natural breath, feeling width across the chest and upper back.

6. Release both hands, let them arc softly downward, and return to the crossed position. Repeat on the right side. Alternate sides, ending evenly.



Breath: Natural breathing first. When comfortable, inhale as the arms open into the bow shape and exhale as they release and return. Never hold the breath while the arms are extended.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: sit tall toward the front of a sturdy armless chair, feet flat and wide. Perform the same crossing, pressing, and drawing pattern with the arms only.
- **Low range:** Modern accessibility adaptation: keep the feet only slightly wider than the shoulders with minimal knee bend, and open the arms through a smaller, pain-free arc. Skip the head turn if the neck objects.

What is happening in the body

One arm presses out while the other draws back, which forces the two shoulder blades to do opposite jobs at the same time. That opposition is the point: it wakes the muscles

between the shoulder blades that a keyboard posture leaves permanently lengthened and asleep. The wide stance adds a leg cost that makes the whole thing more than an arm exercise.

What it does — and how sure we are

- **Right away: Experience** — Many practitioners report feeling more open through the chest and more awake after alternating a few rounds. Responses vary and are not diagnostic.
- **Over weeks: Experience** — The stance may feel steadier and the arm pattern smoother with repetition. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: reviews of multi-week Ba Duan Jin programs suggest possible improvements in aspects of physical function and balance in studied populations. This does not establish a specific benefit from Move 02 alone.

Normal to notice: thigh effort in the stance; gentle stretch across chest and upper back; mild warmth in the hands.

Stop, or check first

- sharp, pinching, or worsening joint or muscle pain
- knee pain that changes how you stand
- dizziness, faintness, or loss of balance
- chest pressure or pain, palpitations, or unusual shortness of breath
- new numbness, tingling, or weakness
- any severe or persistent symptom: stop and seek appropriate medical help
- knee discomfort → higher stance or seated variant
- shoulder-injury → smaller arc
- neck issues → skip the head turn
- uncontrolled-blood-pressure or dizziness-prone → seated variant
- pregnancy → seated or high-stance variant and professional guidance

In daily life: Any time you reach to push a door while holding something in the other hand, notice the bow shape: one side presses, one side draws. Let the shoulder blades share the work.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Holding One Arm Aloft

Ba Duan Jin · Eight Brocades · Tiáolǐ píwèi xū dān jǔ

The third brocade: one palm presses gently toward the sky while the other presses toward the ground, creating an easy opposition through the torso — then the sides exchange.

Difficulty: adapted 2/10 · traditional 6/10

Time: about 75 seconds

How often: Part of the full standardized set; commonly about three repetitions per side. Comfort over count.



How to do it

1. Stand comfortably, feet about shoulder-width, knees soft, hands resting palm-up near the lower abdomen.
2. Turn the left palm over and raise it along the front of the body, rotating the fingers inward then upward, until the palm presses gently toward the sky above the left shoulder, fingers pointing right.
3. At the same time, press the right palm gently downward beside the right hip, fingers pointing forward.
4. Stay for a natural breath, feeling the easy stretch between the two palms without locking the elbows or shrugging the shoulder.
5. Release both hands and let them meet again, palms up, near the lower abdomen.
6. Repeat with the right palm rising and the left pressing down. Alternate sides, ending evenly.



Breath: Natural breathing first. When easy, inhale as the palms separate into the press and exhale as they release and gather. Keep the throat and jaw soft.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: sit tall, feet flat, and perform the same alternating up-and-down palm presses. Rest the lower hand on the thigh if a downward press is uncomfortable.
- **Low range:** Modern accessibility adaptation: press the upper palm to face height only, or simply lengthen the fingertips of both hands away from each other at waist and chest height.

What is happening in the body

Pressing one palm up and one palm down creates a long diagonal line of tension through the torso. The obliques and the deep trunk muscles have to manage that asymmetry without letting you lean, which is a quiet but real demand — and it restores side-bending range that almost nothing in modern life asks for.

What it does — and how sure we are

- **Right away: Experience** — Some practitioners feel taller and describe an easy, wrung-out looseness through the middle after alternating sides. Responses vary and are not diagnostic.
- **Over weeks: Experience** — The palm rotations may become smoother and the opposition easier to feel. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: multi-week Ba Duan Jin program studies suggest possible improvements in aspects of physical function in studied populations; no Move-03-specific claim is supported.

Normal to notice: gentle side-body stretch; mild shoulder effort; warmth in the palms.

Stop, or check first

- sharp, pinching, or worsening joint or muscle pain
- dizziness, faintness, or loss of balance
- chest pressure or pain, palpitations, or unusual shortness of breath
- new numbness, tingling, or weakness
- any severe or persistent symptom: stop and seek appropriate medical help
- shoulder-injury → lower the top press
- uncontrolled-blood-pressure or dizziness-prone → seated variant
- wrist discomfort → soften the palm angles
- pregnancy → seated variant welcome; professional guidance for any symptoms

In daily life: Putting one dish on a high shelf while steadying the counter with the other hand is this movement in disguise. Let the down hand actually press.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Wise Owl Gazes Backwards

Ba Duan Jin · Eight Brocades · Wǔ láo qī shāng wǎng hòu qiáo

The fourth brocade: a slow, easy turn of the head and a slight outward roll of the arms to glance behind — one side, then the other — like an owl surveying a quiet field.

Difficulty: adapted 2/10 · traditional 5/10

Time: about 60 seconds

How often: Part of the full standardized set; commonly about three repetitions per side. It also stands alone well as a screen-break micro-practice.



How to do it

1. Stand comfortably, feet about shoulder-width, knees soft, arms relaxed at the sides with palms facing the thighs.
2. Let both arms rotate gently outward so the palms turn to face forward, shoulder blades settling down and slightly together.
3. Keeping the trunk facing forward, slowly turn the head to the left, letting the eyes lead, to glance comfortably behind you.
4. Pause for a natural breath at your easy end of range — a glance, not a wrench.
5. Slowly return the head to center as the arms rotate back to neutral.
6. Repeat to the right. Alternate sides, ending evenly.



Breath: Natural breathing throughout. If pairing arises easily, inhale as the arms roll open and the head turns; exhale returning to center. Never force breath or range.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: sit tall with feet flat and hands resting on the thighs; perform the same eye-led head turn with a gentle outward roll of the forearms.
- **Low range:** Modern accessibility adaptation: move only the eyes to glance sideways and let the head follow a few degrees, or skip the head turn entirely and practice just the arm roll and shoulder-blade settle.

What is happening in the body

The eyes lead and the neck follows — that ordering matters, because eye movement naturally recruits the deep neck rotators before the big superficial ones grab. Meanwhile the arms rolling outward pulls the shoulders back from their forward-rounded default. It is the most direct antidote to screen posture in the whole set.

What it does — and how sure we are

- **Right away: Experience** — Many desk workers report the neck feeling looser and vision feeling ‘wider’ after a few slow rounds. Responses vary and are not diagnostic.
- **Over weeks: Experience** — Comfortable rotation range often feels easier to access with gentle repetition. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: multi-week Ba Duan Jin program studies suggest possible improvements in aspects of physical function in studied populations; no Move-04-specific claim is supported.

Normal to notice: gentle neck stretch; shoulder-blade engagement; occasional soft joint sounds without pain.

Stop, or check first

- pain, sharpness, or electric sensations in the neck or down the arms
- dizziness, visual disturbance, or nausea during head turns — stop immediately
- new numbness, tingling, or weakness
- any severe or persistent symptom: stop and seek appropriate medical help
- neck injury, recent whiplash, or cervical spine conditions → eyes-only variant and professional guidance
- dizziness or vertigo history → seated variant, tiny range, stop at any symptom
- uncontrolled-blood-pressure → seated variant

In daily life: Checking behind you before backing out of a parking spot, done slowly and with the eyes leading, is a complete repetition. The owl would approve of your mirror check.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Sway the Head and Shake the Tail

Ba Duan Jin · Eight Brocades · Yáo tóu bǎi wěi qù xīn huǒ

The fifth brocade: from a supported wide stance with hands on the thighs, the trunk circles slowly to one side and back — a rounded, unhurried sway rather than a deep bend.

Difficulty: adapted 4/10 · traditional 7/10

Time: about 2 minutes

How often: Part of the full standardized set; commonly about three repetitions per side. Comfort over count.



How to do it

1. Step into a wide, stable stance and bend the knees to a comfortable height. Place both hands on the tops of the thighs, fingers pointing inward, letting the arms genuinely support the trunk.
2. Keeping the weight even, lean the trunk forward slightly so the thighs and hands carry it.
3. Slowly circle the trunk and head toward the left: sideways, gently around, and back upright. Keep the circle small and smooth — the movement is a sway, not a swing.
4. Pause upright for a natural breath.
5. Circle to the right the same way.
6. Alternate sides, ending evenly, then step the feet back together and stand quietly for a breath.



Breath: Natural breathing only in this beginner-facing version. Move slowly enough that the breath never shortens. If any breath-holding appears, make the circle smaller.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: sit toward the front of a sturdy chair, hands on thighs, and trace the same small, smooth trunk circles with full support.
- **Low range:** Modern accessibility adaptation: reduce the movement to a gentle side-to-side sway of the trunk with no circling and no forward lean.

What is happening in the body

Hands on thighs means the arms carry part of the trunk's weight, which lets the spine move through a circle it could not safely control unsupported. The waist muscles work in every direction rather than one, and the slow tempo keeps the head's changing position from becoming a dizziness problem. Support is what makes the range affordable.

What it does — and how sure we are

- **Right away: Experience** — Practitioners often describe feeling settled and pleasantly loosened through the middle after slow rounds. Responses vary and are not diagnostic.
- **Over weeks: Experience** — The circle usually becomes smoother and steadier with practice. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: multi-week Ba Duan Jin program studies suggest possible improvements in aspects of physical function and balance in studied populations; no Move-05-specific claim is supported.

Normal to notice: thigh and trunk effort; a loosening feeling through the waist; mild head-position awareness during the arc.

Stop, or check first

- back pain that sharpens or radiates
- dizziness, lightheadedness, or nausea during circling — stop immediately and rest
- chest pressure or pain, palpitations, or unusual shortness of breath
- new numbness, tingling, or weakness
- any severe or persistent symptom: stop and seek appropriate medical help
- low-back conditions → seated or sway-only variant and professional guidance
- dizziness, vertigo, or balance disorders → seated variant, tiny range, stop at any symptom
- uncontrolled-blood-pressure → avoid the forward lean; seated variant
- pregnancy → seated sway variant and professional guidance
- hip or knee pain in wide stances → narrow, higher stance

In daily life: Wiping a large table in slow circles while the legs stay soft is a cousin of this sway. Let the whole trunk draw the circle, not just the arm.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Two Hands Hold the Feet

Ba Duan Jin · Eight Brocades · Liǎng shǒu pān zú gù shèn yāo

The sixth brocade: a slow, supported journey down the back of the body — hands tracing the back and legs toward the feet as far as comfortable — and an equally slow return to standing.

Difficulty: adapted 4/10 · traditional 7/10

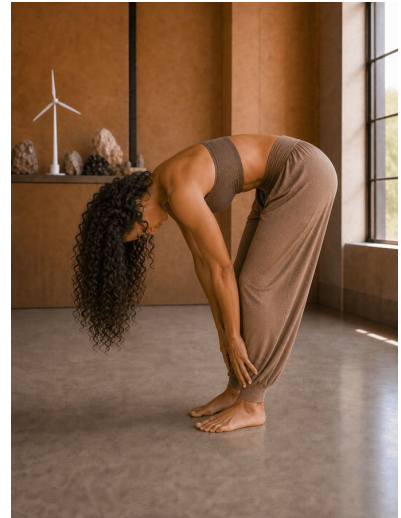
Time: about 2 minutes

How often: Part of the full standardized set; commonly about three slow repetitions. Comfort over count.



How to do it

1. Stand with feet about shoulder-width, knees soft. Bring the palms to the lower back, fingers pointing down.
2. Lengthen upward through the crown, then begin to fold slowly forward from the hips, letting the hands glide down the back of the legs.
3. Fold only as far as the backs of the legs comfortably allow — shins and knees are honorable destinations; the feet are optional, not required.
4. Let the head and neck hang easily, without forcing the gaze anywhere.
5. Bend the knees slightly, and rise slowly by pressing the feet down and unrolling the spine, hands gliding back up the legs to the lower back.
6. Stand quietly for a full breath before the next repetition. Rise even more slowly if any lightheadedness whispers.



Breath: Natural breathing; commonly the fold happens on an exhale and the rise on an inhale, but never force the pairing. Do not hold the breath while folded.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: from a sturdy chair, slide the hands down the shins toward the ankles only as far as comfortable, then rise slowly with the hands walking back up the legs.
- **Low range:** Modern accessibility adaptation: fold only to mid-thigh with well-bent knees, or simply trace the hands from lower back to thighs and back while standing tall.

What is happening in the body

Hands tracing down the legs give the nervous system a continuous map of where you are in space, which is why this fold feels safer than an unsupported one. The hamstrings lengthen under low load, and the slow rise trains the spinal muscles eccentrically then concentrically. The deliberate slowness on the way up is blood-pressure courtesy, not ceremony.

What it does — and how sure we are

- **Right away: Experience** — Many practitioners report the back of the body feeling longer and the mind quieter after slow folds. Responses vary and are not diagnostic.
- **Over weeks: Experience** — Comfortable folding range often increases gradually with relaxed repetition. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: multi-week Ba Duan Jin program studies suggest possible improvements in flexibility-related measures in studied populations; no Move-06-specific claim is supported.

Normal to notice: hamstring and calf stretch; brief fullness in the head while folded; spinal articulation on the rise.

Stop, or check first

- low-back pain that sharpens or radiates down a leg
- more than brief lightheadedness on rising — sit down and rest
- chest pressure or pain, palpitations, or unusual shortness of breath
- new numbness, tingling, or weakness
- any severe or persistent symptom: stop and seek appropriate medical help
- low-back conditions, disc history, or sciatica → seated or low-range variant and professional guidance
- uncontrolled-blood-pressure, glaucoma, or conditions worsened by head-below-heart positions → avoid the full fold; use the low-range variant
- dizziness-prone → rise extra slowly or choose the seated variant
- late-pregnancy → seated variant and professional guidance
- osteoporosis → limit spinal rounding; professional guidance

In daily life: Picking laundry off the floor piece by piece, slowly, with soft knees and a hand tracing your own leg on the way down, is a complete practice round. The basket can wait.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Clench the Fists and Glare

Ba Duan Jin · Eight Brocades · Zǎn quán nù mù zēng qì

The seventh brocade: from a supported stance, one fist extends slowly forward with a focused gaze, then softens and returns — deliberate intensity held inside an unhurried frame.

Difficulty: adapted 3/10 · traditional 7/10

Time: about 2 minutes

How often: Part of the full standardized set; commonly about three repetitions per side. Comfort over count.



How to do it

1. Step into a comfortable wide stance with knees bent to a stable height. Bring both hands to the waist as soft fists, palms facing upward.
2. Choose a point ahead of you at eye level and let the gaze rest there, alert and steady.
3. Slowly extend the left fist straight forward at shoulder height, rotating it so the palm faces down at full comfortable extension. Let the gaze sharpen — focused, not angry at anything real.
4. Open the hand, rotate the palm up, and imagine gathering something before re-forming the soft fist.
5. Draw the fist unhurriedly back to the waist, letting the face and eyes soften completely.
6. Repeat with the right fist. Alternate sides, ending evenly, then release the stance and shake out the hands.



Breath: Natural breathing; commonly exhale on the slow extension and inhale on the return. The ‘glare’ is in the eyes, never in held breath or a clenched jaw.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: sit tall with feet planted and perform the same slow alternating press, focus, and release from the waist.
- **Low range:** Modern accessibility adaptation: extend the arm only halfway, or practice open-palmed with no fist at all; keep the gaze soft if focusing strains the eyes.

What is happening in the body

This is the only movement in the set that deliberately builds tension and then deliberately drops it. That contrast is the mechanism — you cannot learn to release what you never noticed you were holding. The slow press trains controlled effort; the release trains the far rarer skill of letting the face and jaw go completely.

What it does — and how sure we are

- **Right away: Experience** — Practitioners often describe feeling clear-headed and pleasantly ‘gathered’ after the alternating focus-release cycles. Responses vary and are not diagnostic.
- **Over weeks: Experience** — The press typically becomes smoother and the release more complete with practice. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: multi-week Ba Duan Jin program studies suggest possible improvements in aspects of physical function in studied populations; no Move-07-specific claim is supported.

Normal to notice: forearm and shoulder effort; focused alertness during the press; a wave of relaxation on release.

Stop, or check first

- sharp, pinching, or worsening joint or muscle pain
- headache or eye strain building across repetitions — soften the gaze or stop
- dizziness or faintness
- chest pressure or pain, palpitations, or unusual shortness of breath
- any severe or persistent symptom: stop and seek appropriate medical help
- hand, wrist, or elbow conditions → open-palm variant
- eye conditions aggravated by intense focus, or headache-prone → soft-gaze variant
- uncontrolled-blood-pressure → seated variant, loose fists, natural breath only
- knee discomfort → higher or seated stance

In daily life: Opening a stubborn jar is this movement with a purpose: stance, grip, focus, breath — and full release afterward, including the face.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Seven Gentle Bounces

Ba Duan Jin · Eight Brocades · Bèi hòu qī diǎn bǎi bìng xiāo

The closing brocade: rising softly onto the balls of the feet and letting the heels settle back down with a light, springy drop — traditionally seven times — like a tree testing its roots.

Difficulty: adapted 2/10 · traditional 5/10

Time: about 45 seconds

How often: Traditionally seven bounces closing the full set. Fewer is fine; softer is better.



How to do it

1. Stand tall with feet together or hip-width, arms relaxed at the sides, weight even across both feet.
2. Press gently through the balls of the feet and let the heels float upward — only as high as balance stays easy.
3. Pause for an instant at the top, crown reaching upward, body in one quiet line.
4. Let the heels descend and land softly — a light, cushioned drop rather than a jarring thud.
5. Let the small vibration travel up through the body without bracing against it.
6. Repeat for seven unhurried bounces, or fewer. Finish by standing still and noticing the feet.



Breath: Natural breathing; many practitioners inhale rising and exhale on the soft drop. Keep everything — jaw, shoulders, hands — loose enough to jiggle.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: seated with feet flat, lift and softly drop the heels together, letting the gentle vibration travel up the legs.
- **Supported:** Modern accessibility adaptation: fingertips on a counter or sturdy chair back for balance; otherwise identical.
- **Low range:** Modern accessibility adaptation: rise only a centimeter and lower with no drop at all — a slow calf raise with a soft finish.

What is happening in the body

Rising onto the balls of the feet is a small calf and balance task; the soft landing sends a brief, low-magnitude load up through the skeleton. The instruction to stay loose is the whole technique — a relaxed body lets the vibration pass through, while a braced one simply absorbs a jolt. It closes the set by returning attention to the feet.

What it does — and how sure we are

- **Right away: Experience** — Practitioners often describe feeling settled, grounded, and ‘finished’ — this is the set’s closing gesture. Responses vary and are not diagnostic.
- **Over weeks: Experience** — Forefoot balance and landing softness typically improve with repetition. No reliable source establishes a guaranteed timeline for this single movement.
- **Over months: Evidence** — Full-set evidence only: multi-week Ba Duan Jin program studies suggest possible improvements in balance-related measures in studied populations; no Move-08-specific claim is supported.

Normal to notice: calf effort; a light vibration through the body on landing; increased awareness of the feet.

Stop, or check first

- foot, ankle, or knee pain on landing
- loss of balance — move to support immediately
- dizziness or faintness
- any pain that sharpens with the vibration
- any severe or persistent symptom: stop and seek appropriate medical help
- osteoporosis or fragility conditions → no drop; slow low-range lowering only, professional guidance
- foot, ankle, or knee conditions → seated or low-range variant
- balance disorders or fall history → supported or seated variant only
- pregnancy → supported variant, minimal drop
- recent surgery → professional clearance first

In daily life: Waiting for the kettle, rise to your toes and settle seven times, softly enough that the kettle doesn’t hear it. The floor is a drum; play it gently.

Where to check:

- Baduanjin qigong — overview — https://en.wikipedia.org/wiki/Baduanjin_qigong
- Baduanjin research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=baduanjin>

Wuji Standing

Zhan Zhuang · Standing post · Wújí zhuāng

The simplest standing practice: feet grounded, knees soft, arms at rest — standing still on purpose, letting the structure carry itself while attention stays home.

Difficulty: adapted 3/10 · traditional 9/10

Time: about 2 minutes

How often: Daily-friendly. One to five minutes to start; tradition extends this gradually.



How to do it

1. Stand with feet about shoulder-width, toes forward or slightly out, weight even between both feet and balanced between heel and forefoot.
2. Soften the knees — unlocked, not bent into effort.
3. Let the pelvis hang level, neither tucked nor tilted; imagine sitting a centimeter into a very tall stool.
4. Let the hands rest at the sides, shoulders heavy, chest neither puffed nor collapsed.
5. Let the head float level, as if lightly suspended from above; soften the jaw and the gaze.
6. Stand and breathe naturally for one to five minutes. When the mind leaves, bring it back to the feet — that return is the exercise.



Breath: Entirely natural. The practice is to leave the breath alone and notice it anyway.

If standing or full range is not for you today

- **Seated chair:** Modern accessibility adaptation: the same stacked, quiet upright-ness from a firm chair — feet planted, hands resting, attention home.
- **Supported:** Stand with the back near a wall or fingertips on a counter, using touch only as reassurance.
- **Advanced:** Traditional progression: raise the arms to a rounded 'holding the ball' position at chest height and extend duration — noticeably more demanding.

What is happening in the body

Standing still is not resting: the deep postural muscles work continuously at low intensity while your body makes hundreds of tiny balance corrections a minute. Because nothing is moving, every unnecessary tension you carry becomes audible — the shoulders report first, then the jaw. The practice is an audit of effort you did not know you were spending.

What it does — and how sure we are

- **Right away: Experience** — Commonly: a settled, collected feeling and clearer awareness of habitual tensions. Responses vary.
- **Over weeks: Experience** — Standing tolerance and postural comfort typically grow week by week. No guaranteed timeline is supported.
- **Over months: Evidence** — Standing practice appears within many studied qigong/taichi programs associated with balance benefits in reviews; isolated wuji-standing evidence is limited. No specific claims made.

Normal to notice: leg effort or mild trembling; warmth or tingling in hands; restlessness that rises and passes; micro-swaying.

Stop, or check first

- dizziness or faintness — sit down
- sharp joint pain (dull postural fatigue is expected; sharpness is not)
- numbness beyond mild tingling
- any severe or persistent symptom: stop and seek appropriate medical help
- orthostatic hypotension, dizziness, or fainting history → seated or supported variant only
- pregnancy → supported variant welcome
- prolonged-standing restrictions (circulatory or other) → professional guidance; seated variant
- knee discomfort → check the knees are soft, not braced

In daily life: Every queue is a free standing session. The person ahead of you paying in coins is not an obstacle; they are a patron of your practice.

Where to check:

- Zhan zhuang — overview — https://en.wikipedia.org/wiki/Zhan_zhuang
- Qigong and balance research on PubMed — <https://pubmed.ncbi.nlm.nih.gov/?term=qigong+balance>

Daily life

Washing the Dishes to Wash the Dishes

Mindful chores · The Miyagi Lane

The sink as a practice hall: warm water, one dish at a time, full attention on a task the hands already know — productivity smuggled into meditation, or possibly the reverse.

Difficulty: adapted 1/10 · traditional 4/10

Time: about 10 minutes

How often: Daily, courtesy of physics and family.



How to do it

1. Stand at the sink with the weight even in both feet, knees soft — a casual version of standing practice.
2. Run the water and actually feel the temperature arrive at comfortable.
3. Wash one dish as if it were the only dish: weight, texture, the sound of water changing as the surface comes clean.

4. When the mind drafts emails, notice, and return to the dish in hand. The dish is extremely patient.
5. Place each finished piece down quietly — the quiet placement is the advanced technique.
6. Continue until done. Notice the moment the chore ends and how the hands feel.



Breath: Natural. If the shoulders have crept toward the ears, one long exhale returns them — check at every third dish.

If standing or full range is not for you today

- **Seated chair:** A firm stool at the sink; everything else identical.
- **Low range:** Three dishes, fully attended, then permission to finish on autopilot — a complete practice.

What is happening in the body

Nothing physiological is special here — the mechanism is entirely attentional. A familiar task the hands already know frees the mind to practise staying, and the warm water and weight of each dish give attention something concrete to return to. The difficulty is that nobody schedules it, so it hides inside a chore you were doing anyway.

What it does — and how sure we are

- **Right away: Experience** — A finished chore and, frequently, a quieter mind than it started with — informal-practice studies report mood benefits when chores are done attentively, though research is small.
- **Over weeks: Experience** — The kitchen becomes a reliable daily practice slot that never needs scheduling.
- **Over months: Evidence** — Informal mindfulness-in-daily-activity research is limited; no claims beyond the visible: clean dishes, accumulated minutes of practiced attention.

Normal to notice: warm-water comfort; impatience arising near large pots; quiet satisfaction at an empty sink.

Stop, or check first

- back or shoulder pain from prolonged standing — stool, stance change, or break
- any severe or persistent symptom: stop and seek appropriate medical help
- standing-tolerance limits → stool variant
- hand conditions aggravated by hot water → gloves, cooler water

In daily life: This IS daily life integration — the founding member of the Miyagi lane. Wax on was always about the attention, never the car.

Where to check:

- NCCIH: Meditation and Mindfulness (public domain) — <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>

About this book

Built from the same records as the Movement Compendium at smiletoyourbody.com. When a record changes, the book is rebuilt from it — nothing in these pages is written separately.

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