

Angie's T'ai Chi Workshops

MONKEY STANCE

Left and Right

From a Right Dragon to a Right Monkey stance, Transfer the body weight on to the left foot by bending the knee and straightening the right leg letting it slide back with the pull of the body so the body weight is fully transferred on to the left foot taking all the weight off the right foot then raise the toes. Shoulders relaxed, eyes looking straight forwards into the near distance.

NOTES

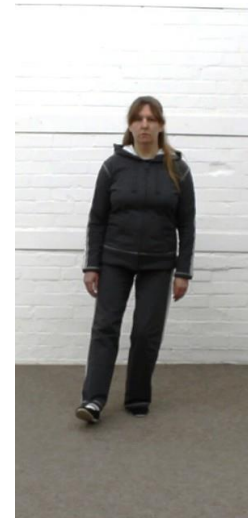
Always keep a small gap in-between your feet leaving enough room for your hips to face straight forward keeping you evenly balanced and your feet grounded keeping the body upright and centred. Do NOT raise the toes until the foot has stopped moving.

Monkeys are clever, social animals who are famous for climbing trees easily. Monkeys are associated with the water element stimulating the kidneys and bladder.



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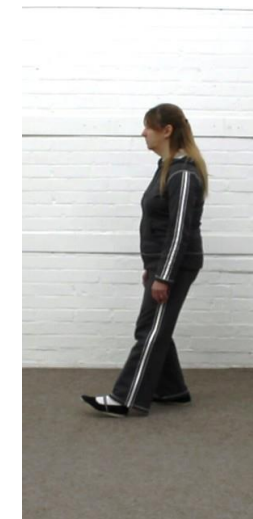
Right



Left



Right



Left