

Burmese Pyu Monk Breathing Form

“Communion of the 3 Spirits”

021207

Opening - Hands, Heart, Mind, and Spirit

(Inhale) Hands lift to chest (Heart),
Raise hands to head level (Mind), touch at forehead,
Raise hands above head, stretch up, (Spirit),
(Exhale) Circle hands out to sides, down to hips,
Turn palms up, (Inhale) Lift hands to elbow height,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down in front,
Repeat 3 times.

Set 1: Forward hands/Stationary

(Inhale) Raise hands in front of body to chest height,
(Exhale) Turn palms forward, push hands forward in front of body,
(Inhale) Turn palms out, circle hands apart, out to sides, down, around and up to the front (*Similar to Opening),
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down in front,

Forward Hands/Right forward step

(Inhale) Raise hands to front of body chest height,
Take a step forward with the right foot,
(Exhale) Push hands forward in front of body, push body's weight forward,
(Inhale) Turn palms out, circle hands apart, out to sides,
Sit weight back on left leg, draw right leg back to left leg,
Arms continue down, around and up to the front,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down in front,

Forward Hands/Left forward step

(Inhale) Raise hands to front of body chest height,
Take a step forward with the left foot,
(Exhale) Push hands forward in front of body, push body's weight forward,
(Inhale) Turn palms out, circle hands apart, out to sides,
Sit weight back on right leg, draw left leg back to right leg,
Arms continue down, around and up to the front,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down in front,

Set 2: Side Hands/Stationary

(Inhale) Raise hands to front of body chest height,

(Exhale) Push hands out to sides of the body,

(Inhale) Lower hands down towards hips, around and up to the front,

(Hold breath) Turn hands over to palm down,

(Exhale) Lower hands down in front,

Side Hands/Right forward step

(Inhale) Raise hands to front of body chest height,

Take a step forward with the right foot,

(Exhale) Push hands out to sides of the body, push body's weight forward,

(Inhale) Lower hands down towards hips,

Sit weight back on left leg, draw right leg back to left leg,

Arms continue down, around and up to the front,

(Hold breath) Turn hands over to palm down,

(Exhale) Lower hands down to sides,

Side Hands/Left forward step

(Inhale) Raise hands to front of body chest height,

Take a step forward with the left foot; push body's weight forward,

(Exhale) Push hands out to sides of the body,

(Inhale) Lower hands down towards hips,

Sit weight back on right leg, draw left leg back to right leg,

Arms continue down, around and up to the front,

(Hold breath) Turn hands over to palm down,

(Exhale) Lower hands down to sides,

Set 3: Overhead Hands/Stationary

(Inhale) Raise hands to front of body chest height,

(Exhale) Push hands overhead palms up,

(Inhale) Turn palms out, circle hands apart, out to sides, down, around and up to the front,

(Hold breath) Turn hands over to palm down,

(Exhale) Lower hands down to sides,

Overhead hands/Right forward step

(Inhale) Raise hands to front of body chest height,
Take a step forward with the right foot; push body's weight forward,
(Exhale) Push hands overhead, palms up,
(Inhale) Turn palms out, circle hands apart, out to sides,
Sit weight back on left leg, draw right leg back to left leg,
Arms continue down, around and up to the front,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down to sides,

Overhead hands/Left forward step

(Inhale) Raise hands to front of body chest height,
Take a step forward with the left foot; push body's weight forward,
(Exhale) Push hands overhead, palms up,
(Inhale) Turn palms out, circle hands apart, out to sides,
Sit weight back on right leg, draw left leg back to right leg,
Arms continue down, around and up to the front,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down to sides,

Set 4: Crossing hands/Stationary

(Inhale) Raise hands to front of body chest height,
(Exhale) Cross-hands in front of body, palms opposing,
(Inhale) Turn palms up, uncross hands, circle hands apart, out to sides, down,
around and up to the front,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down to sides,

Left side step/horse stance/right hand cross body push

(Inhale) Raise right hand to front of body, leave left hand on left thigh for support,
(Exhale) Take a left side step to left, push right hand across body to the left, turn
torso left,
(Inhale) Turn palm up on right hand, pull back in front of the body to the right,
shift weight to right foot, lower right hand down and lift both hands up in front
palms up,
(Hold breath) Turn hands over to palm down,
(Exhale) Lower hands down to sides,
Draw left foot back to right foot,

Right side step/horse stance/left hand cross body push

(Inhale) Raise left hand to front of body, leave right hand on right thigh for support,

(Exhale) Take a right side step to right, push left hand across body to the right, turn torso right,

(Inhale) Turn palm up on left hand, pull back in front of the body to the left, shift weight to left foot, lower left hand down and lift both hands up in front palms up,

(Hold breath) Turn hands over to palm down,

(Exhale) Lower hands down to sides,

Draw right foot back to left foot,

Raise body up, 4 sets completed.

Closing - Hands, Heart, Mind, and Spirit

(Inhale) Hands lift to chest (Heart),

Raise hands to head level (Mind), touch at forehead,

Raise hands above head, stretch up, (Spirit),

(Exhale) Circle hands out to sides, down to hips,

Turn palms up, (Inhale) Lift hands to elbow height,

(Hold breath) Turn hands over to palm down,

(Exhale) Lower hands down in front,

Repeat 3 times.

Repeat entire form 3 times,

Options:

- 1. Stretch**
- 2. Speed or tension**
- 3. Soft & slow**

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“Communion of the 3 Spirits”

Opening

(Inhale) Chest, head, overhead

(Exhale) Around, (Inhale) Up, (Hold) Turn over, (Exhale) Down

Repeat 3 times

Set 1; (Exhale as hands push to front & down)

1. Stationary hands push to front,
2. Hands push to front, step right forward,
3. Hands push to front, step left forward,

Set 2; (Exhale as hands push to sides & down)

1. Stationary hands push to sides,
2. Hands push to sides, step right forward,
3. Hands push to sides, step left forward,

Set 3; (Exhale as hands push overhead & down)

1. Stationary, hands push overhead,
2. Hands push overhead, step right,
3. Hands push overhead, step left,

Set 4; (Exhale as hands cross & push individually across body & down)

1. Stationary, crossing hands, in front,
2. Step left, horse stance, push right hand across body,
3. Step right, horse stance, push left hand across body,

Close

(Inhale) Chest, head, overhead

(Exhale) Around, (Inhale) Up, (Hold) Turn over, (Exhale) Down

Repeat 3 times

Repeat entire form 3 times,

Options:

1. **Stretch**
2. **Speed or tension**
3. **Soft & slow**

