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## Shakeout from the Center

The Shakeout has a dual purpose: to loosen and open all the joints; and to learn to move your body from the center of gravity.

When you loosen the wrist, the motion comes from the elbow; loosening the elbow comes from the shoulder, and so on, through shoulder-blade, ribs, spine, pelvis, and center (Qi Ball). By the end it should feel as if you just move the Qi Ball, and this sends a wave of momentum all the way through and out your fingers. Then you can do the same movement in slow motion, and float the arm through the air by moving your center.

Likewise in the leg, you can feel that from the center the foot reaches out to, and into, the ground—Center presses Earth.

And the spine grows up out of the Center, with the head poised lightly on top.

If you imagine or feel that *you are at your center*, you move from there, you even see and sense from there; this unifies body and mind, and brings more calm and confidence into relationships. This is not an introverted focus *on* your center, but an expansive feeling that you radiate out into the world *from* your center.