

Video 2: **Caring for my cloud in the back and front.** (cloud hands from Tai Chi)

Assume the same foot posture as in video 1.

Starting position: the right hand points approximately 10 cm away from the belly, the left hand points approximately 10 cm away from the back (can also be reversed). Shift your weight to your right foot and turn your body to the right. Now the movement begins. As you slowly turn to the left, your hands will come away from your belly and back, the palms of your hands face to the ground. When the body is turned to the left and the weight is on the left foot, the left hand points to the belly and the right hand to the back.

So you swing back and forth. It is important that when you have turned completely to the left or to the right, you sink into your left or right leg. This creates a rhythm of  
...SINKING - TURNING - EXPANDING (OPENING) - SINKING  
- TURNING ....