

# 合掌伸展操

"Palms Joined" Stretching Exercise



六組結合「合掌」的伸展動作，  
伸展活絡筋骨的同時，也培養安定平穩的心靈。  
調身、安心，一次到位。

A six-part "palms joined" set of stretching exercises.  
While stretching the muscles and tendons, we can also stabilize and quiet our minds.  
This relaxes the body and brings peace to the mind, all in one go.

暖身預備：

在做任何伸展操之前，都需先做暖身動作。

透過溫和的關節運動，放鬆、柔軟肌肉與關節，避免運動傷害。

暖身動作可自由、輕鬆、緩慢的，動動脖子、肩膀與手腕，  
扭扭腰臀、膝蓋與腳踝。

暖身預備後，就可以開始做合掌伸展操囉！

Pre-stretching preparations:

Always warm up before starting any stretching exercise.

Gentle warming up exercises to soften the joints and relax the muscles can help prevent injuries caused by exercise.

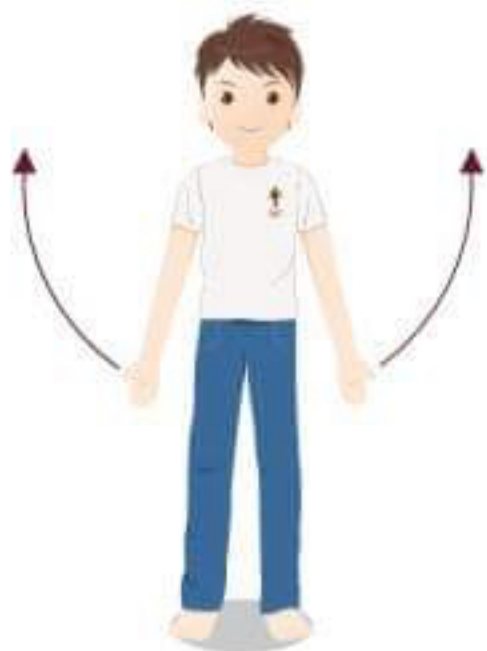
Warming up exercises can be done freely, gently and at your own pace.

Stretch your neck, shoulders, and wrists. Twist your waist, knees and ankles.

After warming up, you can now start the "Palms Joined" exercise!



## 反掌上推 Upward palms



1. 安穩站立，雙手向外、向上劃圈。

Standing with feet firmly planted on the ground, draw your hands upwards in a circular motion.



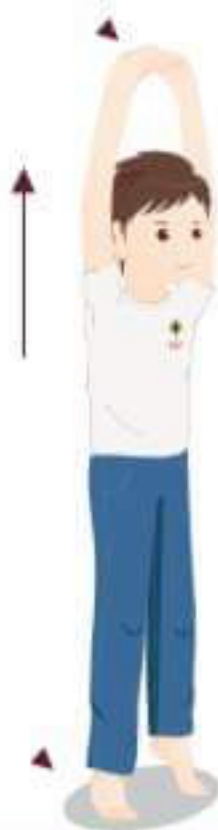
2. 雙手於頭頂上方合掌，向上延伸，拉長脊椎，到自己的極限。

After placing your palms together above your head, stretch upwards, lengthening your spine as far as possible.



3. 雙手於胸前合掌。

Place your palms together in front of your chest.



4. 雙手手指交扣，反掌上推，墊腳尖。延伸至極限後，維持平衡2秒。

Interlocking the fingers of both hands, stretch your palms above your head and stand on your tip-toes. After stretching as far as you can go, maintain your position for 2 seconds.

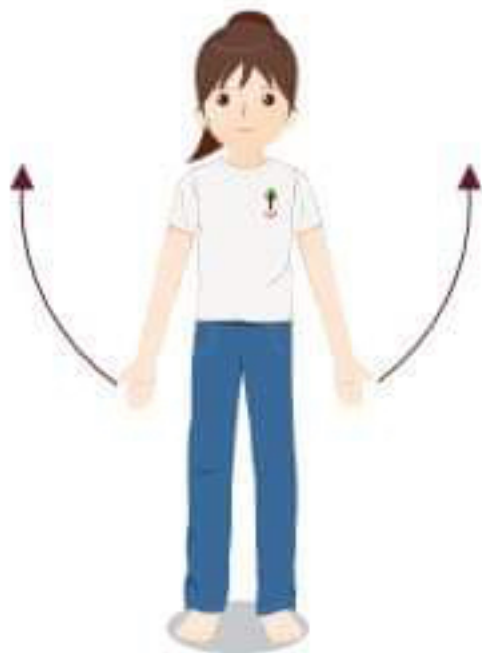


5. 回到站立，雙手輕鬆放身體兩側。重覆「反掌上推」動作1~2次。

Return to standing position, rest your hands lightly against the sides of your body. Repeat the "upward palms stretch" 1-2 times.



## 側彎伸展 Side bends



1. 安穩站立，雙手向外，向上劃圈。

Standing with feet firmly planted on the ground, draw your hands upwards in a circular motion.



2. 雙手於頭頂上方合掌，向上延伸，拉長脊椎，到自己的極限。

After placing your palms together above your head, stretch upwards, lengthening your spine as far as possible.



3. 雙手於胸前合掌。

Place your palms together in front of your chest.



4. 雙腳交叉，左腳跨至右腳旁。

Cross your feet. Place your left foot next to your right foot.



5. 合掌的雙手向上延伸，到自己的極限。

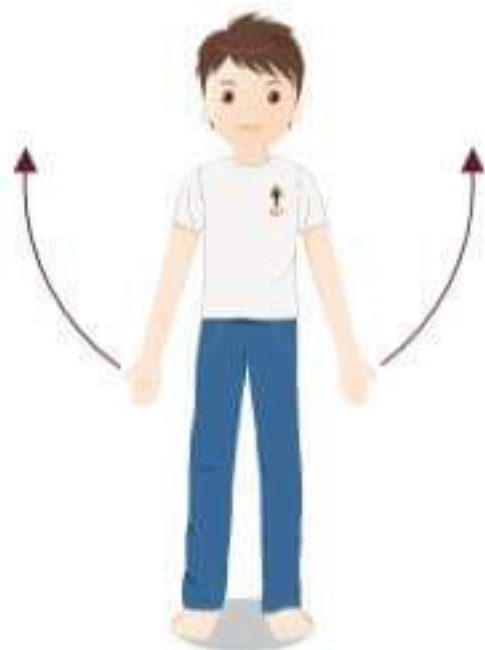
Stretch your hands with palms joined as far upward as possible.



6. 身體側彎向右，伸展身體、腿部左側肌群。

Side-bend your body to the right, stretching your body and your left leg as far as you can go.

## 五 弓箭伸展 Lunge



1. 安穩站立，雙手向外、向上劃圈。

Standing with feet firmly planted on the ground, draw your hands upwards in a circular motion.



2. 雙手於頭頂上方合掌，向上延伸，拉長脊椎，到自己的極限。

After placing your palms together above your head, stretch upwards, lengthening your spine as far as possible.



3. 雙手於胸前合掌。

Place your palms together in front of your chest.



4. 右腳向前跨一大步，下蹲成弓箭步。雙手合掌向前延伸，到自己的極限。

Take a big step forward with your right foot, and lower your body into a lunge. Stretch your joined palms forward as far as possible.



5. 雙手合掌向頭頂上方延伸，到自己的極限。

Raise your joined palms and stretch them above your head, going as far upwards as you can.



6. 反掌，手背相貼，再次向上延伸，到自己的極限。

Flip your hands and place the backs of your hands together. Stretch them as far upwards as you can.



7. 雙手放前腳大腿中央，前腳伸直、後腳彎曲，重心向後、身體前傾、輕輕壓腿。

Placing your palms in the middle of your thigh on the leg in the front. Straighten your front leg, and bend your back leg with your upper body bending toward the front leg.



8. 手回到胸前合掌，右腳收回，回到站立。

Bring your palms together at the center of your chest. Draw your right foot in and stand facing forward.



9. 換邊，左腳向前跨一大步，下蹲成弓箭步。雙手合掌向前延伸至極限。重複上述5~7動作。

Change sides. Take a big step forward with your left foot, lowering your body into a lunge. Stretch your joined palms forward as far as you can. Repeat movements 5-7.



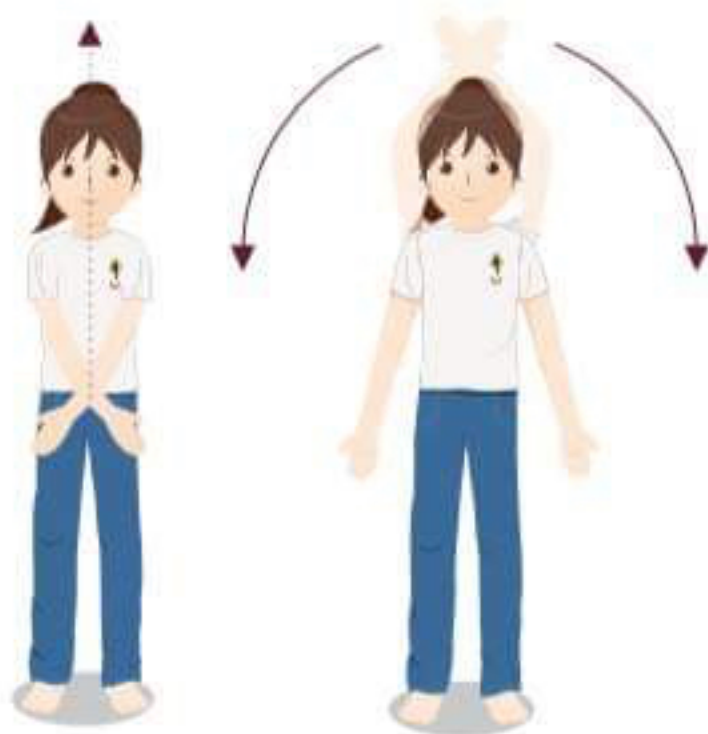
10. 左腳收回，回到站立。雙手輕鬆放身體兩側。重複「弓箭伸展」動作1~2次。

Draw your left foot in, return to standing position. Rest your hands gently against the sides of your body. Repeat the "lunge exercise" 1-2 times.

### 收操回向 Ending with wishes:

1. 完成合掌伸展操，結束前溫和收操。雙手反方向畫圈，同時深呼吸。重複三次。劃圈深呼吸時，觀想美好輕安的能量重新注入身體，平均分配於每個細胞。

After finishing the "Palms Joined" set of stretching exercises, gently bring the exercise period to a close. Draw your hands in an upward circular motion while taking a deep breath. Repeat 3 times. While circling your arms and breathing deeply, visualize positive healing energy entering your whole body, spreading equally through every pore.



2. 最後回到胸前合掌，祝福自己與世界，純淨寬廣、自在柔軟，生命零極限。

At the end, bring your palms together in front of your chest and make the wish to realize the infinite potential of your life. May your heart be pure and free. May the world be peaceful and full of infinite positive energy.

