

Morning Exercise - Reminders

Pawanmuktasana

Do at least three rotations of each joint forwards and backwards

- Stretch out toes, then bend toes in x 2
- Rotate ankles
- Bring knees together - Hands on knees and circle knees
- Rotate leg in hip joint
- Stand with feet in line with shoulders
- Rotate Hips - keeping Feet and Shoulders in line
- Rotate upper torso - keeping feet and hips in line
- Stretch arms up above head, as if being pulled up, then with fingertips extended arc arms down to sides of body x 3
- Bring shoulders to ears then relax x 2
- Rotate shoulders
- Bring left ear to left shoulder then back to centre, do right side
- Bring chin to chest, then back up, then open mouth and let head hang back, return to starting position then repeat
- Look over left shoulder (keep body facing front) see how far you can see. look over right side x 3
- Stretch out fingers, then make fists x 2
- Rotate wrists
- Rotate elbows
- Rotate left shoulder (windmill style) repeat on right

Swinging Arms - standing spinal twist

Mental Body Scan

Feel into your body relaxing as you go down.

If you can feel a layer between your brain and the rest of your body. Give this layer a gentle flip like shaking a carpet.

Sway

- Collect some chi give your kidneys a nice rub
- Make hollow fists and massage your back

- Begin tapping on the top of your head and work down through body
- Finish by sweeping / brushing your whole body

Tune into your Body Energy

At least 3 breaths for each or any variation; pick which ones you find helpful. It may be helpful to use your hands to “guide” the breath.

- Breath into belly and out of belly
- Into head out of feet
- Into feet out of head
- In breath expands from centre of belly out to large energy body, out breath relaxes back down to small centre

Foetus Prays

Take a Wide Stance, fingers pointing to sternum, backs of fingers of each hand together or close, head down,

Then slowly and mindfully:

Open like a flower with the in breath, expanding, receptive, head up, everything open

Closing with the out breath, bringing in, inclusive, head down, everything included, nourished

Lift the Moon from the Lake

Hands in prayer position internally feel into your intention for the day.

- Push hands away from you (looks like a T with a head on top)
- Bend at waist until head is level with hips
- Then scoop hands down till fingers meet together
- Pick “the moon” up from the lake and carrying up the centre line of your body as you unbend from the waist
- Raise your hands up to the level of your sternum then flip them over and push the moon back into the sky above by fully stretching up - feet remain flat on ground
- Hands separate and come in a wide circular arc till once more you are in the starting “T” position - repeat