

# 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