

BASIC EXERCISES

- 1 Waist rotation: 40x each direction; massage kidneys
- 2 Hip rotation: 40x each direction; massage abdomen/bladder area
- 3 Knee rotation: 20x each direction; massage knees
- 4 Back bend: 10x slowly, breathing naturally
- 5 Side bend: 5x shallow, 5x medium, 10x deep, each side
- 6 Circular arm push: 20x
- 7 Forward bend (head to shins) hold count 10, 3x
- 8 Chin to toe: 20x each side a) touch floor b) clasp forearms c) hold foot and pull chin to toe Good Luck!
- 9 Side squat: 20 count each side; repeat
- 10 Neck twist (grab ear) 3x each side
- 11 Back slap, feet together 20x
- 12 Back slap (bow stance): 20x each direction with leg forward and bent
- 13 Arm rotation (bow stance): 20x each direction, with leg forward and bent
- 14 Balance ("golden pheasant stands on one leg): 3x each side
- 15 Universal Post (standing meditation): Start with 5 to 15 minutes, then increase with each time