

Kinesthetics: Movement, Balance, Strength

Circle Breath—Centering, balance, energizing the body

Do this exercise at the beginning and end of every exercise cycle; you may also choose to do this between different exercises.

1. Stand erect with feet apart, toes forward, arms at your side.
2. Turn your hands so palms face up, fingertips touching, at your abdomen.
3. As you inhale, extend your arms to the side and up so your hands are above your head.
4. As hands meet above your head, interlock the fingers and exhale as you rotate the hands so the palms are upward. Stretch tall keeping your feet on the ground.
5. Complete an inhale/exhale cycle as you release and reverse your arm movement back to your abdomen with fingertips touching.
6. Do this three times.

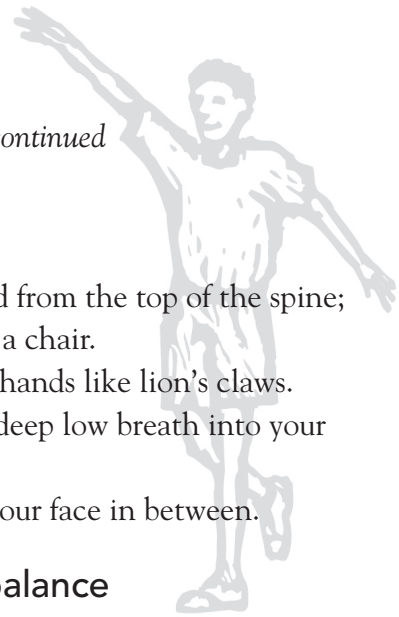
Arm Swing—Coordination, gait, right-left brain stimulus, balance

1. Standing in place, let your arms natural swing back and forth as if you are walking.
2. Let your body natural twist (slightly) from side to side.
3. Stop. Then start again, this time as your right arm swings forward (left arm back), your left heel lifts and left knee bends, as if you are walking. As your arms return to neutral, the left heel returns to the floor.
4. As your left arm swings forward (right arm back), your right heel lifts and right knee bends, as if you are walking. As your arms return to neutral, the right heel returns to the floor.
5. Continue in a relaxed manner. You may find a little “bounce” as your body becomes more comfortable with this movement.

The Cross Crawl Standing—Right-left brain stimulus, balance

1. This is a “standing crawl,” that is, the movement replicates an infant crawling however the person stands upright.
2. Stand erect with feet apart, toes forward, arms at your side. Lift the head from the top of the spine; this may tilt your head slightly forward. Bend your knees enough so they are not locked straight.
3. Bend your arms so your upper arm is close into your sides with your elbow bent at a right angle, palms flexed.
4. Raise your left knee so your thigh is parallel to the ground, foot flexed, at the same time you push your right palm forward straight ahead (only as far forward as to be even with your left knee) and return.
5. Raise your right knee so your thigh is parallel to the ground, foot flexed, at the same time you push your left palm forward straight ahead (only as far forward as to be even with your right knee) and return.

Kinesthetics: Movement, Balance, Strength *continued*



Lion—Facial stretch, vocal release

1. Stand erect with feet apart, toes forward, arms at your side. Lift the head from the top of the spine; this may tilt your head slightly forward. Bend your knees as if sitting on a chair.
2. Bend your arms so your wrists are in front of your shoulders; shape your hands like lion's claws.
3. Open your mouth as large as possible, have an angry expression, take a deep low breath into your abdomen, and emit a long low roar.
4. Repeat three times; each time make low sustained roars sounds. Relax your face in between.

Punching—Twisting, internal massage, strengthening, balance

1. Stand erect with your hands at your side, feet slightly apart.
2. Step to the left and bend the knees to assume a horse-riding pose. Place your fists at your waist, palms up.
3. Open your eyes very wide as though you are angry. With the left fist, punch to the left, then return the fist to the left waist. As you punch, watch your knuckles.
4. Punch to the left side with the right fist, then return.
5. Repeat these two punches on the opposite side.
6. Punch forward with your left fist and return. Punch forward with your right fist and return. Do this two times.
7. Repeat the sequence: left-left, right-right, forward-forward, forward-forward.

The Wave—Vertical stretch, stimulate blood flow, flexibility, lift and relax the spine

1. Stand erect with feet apart, toes forward, arms at your side. Keep eyes front. Lift head from the top of spine; this may tilt your head slightly forward. Bend knees so not locked.
2. While keeping your feet firmly on the ground, raise your arms above your head, stretching your fingertips upward.
3. Slowly lower just your hands.
4. Slowly lower just your forearms; elbows remain up.
5. Slowly lower your arms; shoulders remain up.
6. Slowly lower both shoulders.
7. Slowly lower your head.
8. With loose knees, slowly roll all the way over, rolling down your spine until your torso is hanging forward. Bend knees as necessary for comfort. Optional: Remain for two complete breaths.
9. Unroll slowly bringing your head up at last.

Toe Lifts—Stretch, balance, strength

1. Stand erect with your hands at your side and your feet slightly apart. Lift the head from the top of the spine; this may tilt your head slightly forward. Bend your knees enough so they are not locked straight.
2. Warm up by flexing each foot alternately to the toes; three times each side.
3. Raise your heels up slowly, hold the extended position for several seconds, then slowly return to the ground.
4. Repeat twice more.