

EXERCISES BEFORE & AFTER MEDITATION

1. **Eye rotations** — Roll you eyes 12 times clockwise. (Can sweep eyes in between.) Then 12 times counterclockwise.
2. **Neck** — Turn your head to the left side then to the right side 12 times.
3. **Shoulder rotations** — With your arms fully outstretched to the side, rotate your arms backward 12 times, pivoting at the shoulder. Then rotate them forward 12 times.
4. **Spine** — Breathe in through nose as tilt head back and arch upper torso chest out, breath out through mouth and arch spine forward rounding shoulders 12 times, clap afterward to clean room.
5. **Torso Twists** — With your feet planted and your arms outstretched and parallel to the ground, twist your trunk 12 times to right and to the left.
6. **Hip Rotations** — With your hands on your hips and your knees slightly bent, rotate your hips 12 times in a clockwise circle then 12 times counterclockwise.
7. **Small Squats** — Bending slightly at the knees, do 50 or more quarter-squats. A quarter-squat means you're slightly dipping your knees. The quarter-squat highly activates your basic chakra.
8. **Elbows** — Flex 12 times together. Can flick hands at same time
9. **Wrists** — Rotate 12 times each direction
10. **Knees** — Stand on one foot and flex the knee with a kicking motion 12 times each leg
11. **Ankle rotations** — Standing on your right leg, lift up your left leg and extend it slightly. Rotate your ankle 12 times to the left and 12 times to the right. Then perform the exercise with your right ankle.
12. **Ankle flex** — Up and down 12 times each
13. **Side meridian stretch** — Feet 12 inches apart, knees slightly bent, stretch to one side. One arm behind back at the level of the waist and the other reaching over side of the head to give a stretch down the side meridian, then to opposite side. Do 12 times.

