



Simple Daily Practices for Wellness

1. Spinal Cord Breathing

Breathe in and open arms, hands, eyes, and arch spine expanding outwards, opening the spinal column and central channels of the nervous system. Exhale curling arms and spine inwards, close eyes and squeeze breath out, dive down towards the ground for a final stretch and empty the belly.

2. Twist and Shout!

Twist letting arms relax and swing, tapping the body, especially kidneys, liver, spleen, and lung points. This helps break up toxicity, unhealthy cells, and promotes production of stem cells. Let dusty, stagnant energy fall to the ground. Slow down the twist gradually and softly swing the arms down.

3. Bounce on heels

Let tension fall to ground, as you bounce up thru the heels. Feel vitality coming into your body and awakening energy. Bouncing can make you feel awake if you feel tired or stress through the day, this exercise can release tension in a fun way.

4. Self-love Hug

Wrap your arms around yourself giving yourself a hug and rotate around fully, squeezing out internal organs, massaging from inside out. Let head hang and tension roll off the back, shake head gently, letting it fall towards ground.

5. Crane Neck/Turtle Neck

Extend chin and head forward and out, rolling down slowly, tuck chin and roll back up. Reverse for Turtle, tucking chin, roll down and extend the head to come up. Feel the spine release tension and the nervous system relax, activate the parasympathetic nervous system, rest and digest. This exercise is also good if you do a lot of work on the computer as it helps to release tension from the neck and spine.

6. Hip Circles

Make big, slow circles with your hips. Rotate with a sense of exploration, how much circular movement can be found where the femur bone (thigh bone) and hip cradle meet? Circular movement in the joints is what promotes the production of synovial fluid, the stuff that keeps joints happy and healthy! Slow down and make the spirals very small, localized movements. Spiral just the sacrum, then just the tailbone to calm the nervous system. This is also a great exercise if you spend a lot of time sitting down in front of a desk. It releases tension in the hips and lower back.

~Enjoy~