

10x each for all exercises

1. Spinal Twist (move legs side to side)
2. Toe Flexion/Extension
3. Ankle Flexion/Extension
4. Ankle Rolls - to the left
5. Ankle Rolls - to the right
6. Bend Right knee (don't touch toes to bed/floor!), hold hands behind thigh - Flex/Extend knee joint
7. Repeat on Left
8. Bend Right knee - circle legs to the left; then to the right
9. Repeat on Left
10. Left leg in Lotus, hold ankle/shin - move knee up and down
11. Repeat on Right
12. Stay on right (R leg in lotus) - knee circles to the left, then to the right
13. Repeat on Left
14. Extend arms to shoulder height - begin hands in fists (thumbs in fist), then stretch fingers
15. Arms still extended shoulder height - flex/extend wrists
16. Arms STILL extended (ouch!) - circle wrists left, then right
17. Keep Arms STILL extended - bend elbows and touch shoulders
18. Arms out to side like a "T" - bend elbows and touch shoulders
19. Arms still like a "T" with elbows bend - move elbows up and down
20. Move arms back in front, still bend at elbows - move elbows up and down
21. Circle elbows left 10x, then right - try and touch elbows together
22. Neck circles, left then right

Daily Grounding Exercise

1. stand in mountain pose, with arms loose by your sides (no tension in hands)
2. say "I am now firmly grounding my root chakra, my sub chakras and my grounding cords deeply and firmly into the earth"
3. as you say "EARTH", drop the light and anchors
 - (root chakra - light into earth)
 - (sub chakras - light from palms into earth)
 - (grounding chords - anchors from bottoms of feet)