



HEALER WITHIN
FOUNDATION
Ten Minute Tai Chi Easy™ Tune-Up

Any or all of this Tune-Up practice may be done lying, sitting or standing. Do this at home, in the park, with friends, on break at work, while waiting, or when stressed. Always practice within your own comfort zone and physical ability.

- Take five slow, deep, full, relaxed breaths exhale “Ahhh!” like a Sigh of Relief.
- Inhale, raise your arms above your head, interweave your fingers, turn palms upward and reach up toward the ceiling or sky. Hold the breath for as long as it is comfortable and then exhale slowly through the nose as you bend forward. Reach downward towards the floor, exhaling completely. Roll the spine up, vertebrae by vertebrae, and begin again. Repeat three or more times.
- Rotate the body part five to ten times in each direction: ankles, knees, hips, waist, shoulders, elbows, wrists, neck. Keep the breath full, deep and relaxed.
- Vigorously massage your hands and fingers; pinch and roll the tips of the fingers. Do your feet and toes too, at home, at the beach or anywhere. This stimulates reflexes for all organs and glands. Continue to take relaxed, full breaths.
- Vigorously massage both of your ears simultaneously until they feel warm, almost as if they are glowing. This also stimulates reflexes that affect your whole system, particularly the production of beneficial brain chemicals.
- Massage your left shoulder with your right hand and rotate your head and neck simultaneously. Ten massage your right shoulder with your left hand. Next, using both hands work on your neck, include the points along the occipital ridge at the base of the skull. Rotate your torso and your head while doing this to get the best effect. Allow your breath to be continuous.
- Massage your lower abdomen or colon area; combine with abdominal breathing. On the exhalation as the abdomen contracts inward, press inward, making a circle following the pathway of the large intestine.
- Do a brief progressive relaxation; contract the muscles of each limb briefly and then relax it fully. Send a wave of relaxation from head to toe. Completely let go of all tensions and concerns for a moment; allow yourself inner peace.
- Allow an inner smile by letting your the facial muscles and the corners of your mouth lift upward ever so slightly. Research has demonstrated that even when you think of smiling it positively affects your brain and immune chemistry. Affirm a positive or loving thought.
- Have a glass of water or your favorite herbal tea to cleanse and recharge.



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