

# Seated Exercises

Just perform the exercises you are happy doing. There should be no pain or strain!

Sit on a stable chair, away from the back of the chair if you are able, in the best possible upright posture with the top of your head (the crown) suspended as if by an imaginary string. Make sure your feet are a shoulder-width apart with your soles flat on the floor and your hands resting palms-down on your thighs. Your breath should be natural and at your own rate.

Perform these exercises very slowly, feeling the sensations as you move. Repeat 8–10 times

## Arm Exercises

- Picking Cherries – pick imaginary cherries, one hand at a time, reach up above your head, reach forward, reach to the right then left
- Waterfall – Allow your arms to float slowly up and then down in front of you. The movement is like placing a towel on the beach
- Spring and Autumn – Allow your arms to lift up and out to the sides as though giving someone a big warm hug. Slowly let them drift back in and down.

## Trunk Exercises – Forward and back

- The Swing – Rock slowly forward and back as though you are on a swing.
- Rowing a Boat – Rock as in 'The Swing' with your arms out to the side and circle your arms as though your arms are moving like the oars of a boat
- Turtle Swims in the Ocean – forward: arms like breaststroke action, backward: arms like butterfly stroke action. Reverse the direction of the arm circle. Palms up, shoulders rotate in and arms circle behind body.

## Turning to the side – Repeat to both sides

- The Swing + Turn to side – Rock forward and turn to the side, rock back.
- Wax On, Wax Off – as above but add in an arm wave to the side. Right hand waves to the right, left hand waves to the left.

## Circles – Perform both clockwise and anticlockwise

- 'Mr Wobbly Man' or 'Roly-poly toy' – Circling the body
- 'Polishing the Pearl' – Hands rest in front of the body on an imaginary table, the trunk circles and moves the hands, as though you are polishing a pearl

## Leg Exercises

- Step and Bounce the Ball – Allow your opposite arm and leg to float up and down as though you are stepping and bouncing a ball in slow motion
- Kick with Sole – Stretch your leg out and lift your foot up as though you are opening a door with the sole and heel of your foot. Repeat with your other leg.

## Finishing

- Closing the Chi – Holding your hands palms-up in front of you, scoop up imaginary warm, sunshine and pour the sunshine over your head. As you feel the warmth and light pour down the front, back and sides of your body slowly release the muscles in your face, neck, shoulders, chest, abdomen, hips, knees and ankles. Repeat up to eight times and then sit quietly for a few moments. Gently stretch and return to your daily activities.