

Standing Exercises

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

Stand in the best possible upright posture with your feet a shoulder-width apart (lightly holding onto a firm support if required). The top of your head (the crown) should be suspended as if by an imaginary string. Make sure your soles are flat on the floor and your arms are relaxed by your sides. Your breath should be natural and at your own rate.

These exercises may also be performed in sitting, preferably on a firm upright chair.

Perform the exercises very slowly and feel the sensations of the body as you move. Repeat up to 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
- Separating the Clouds – Cross your wrists and lift your arms up the midline of your body above your head and then simultaneously circle your left arm out to the left and the right arm out to the right taking them in big circles back and down to the starting position. This movement is like taking a jumper off over your head.
- Rowing a Boat – Circle your arms in big backwards circles, back behind you and then up above your head and back down and out to your side. Imagine that your arms are the oars of a boat and that you are rowing a boat in the middle of a lake.

Balance and Walking Exercises (Lightly hold onto a firm support if needed)

- Weight Transfer in Standing – Imagine your legs are like an hourglass full of sand and slowly move to your right and feel how your right leg fills with sand. Then slowly move to your left and feel how your left leg fills with sand.
- Step and Bounce the Ball – Take your weight to the left and fill your left leg and slowly allow your left arm and right leg to float up and then down as though you are stepping and bouncing a ball in slow motion. Repeat to the opposite side.
- Tai Chi Forward Stepping – Take your weight to the left and fill your left leg. Slowly take a small step forward with your right leg placing your heel down and then move your weight forward (moving from your centre) until you fill the right leg fully and the sole of your foot is on the floor. Slowly take your weight back, emptying the front leg and place it back a shoulder-width apart beside your left leg. Repeat to the opposite side.

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. Gently stretch and return to your daily activities.