
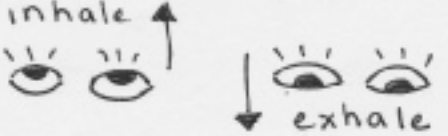



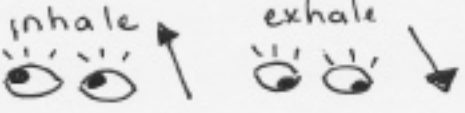


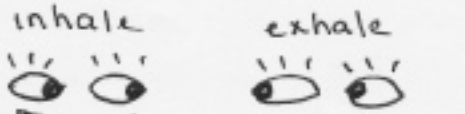
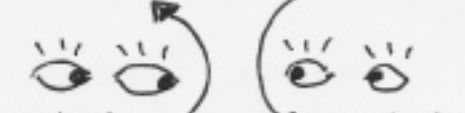


## HOW TO USE

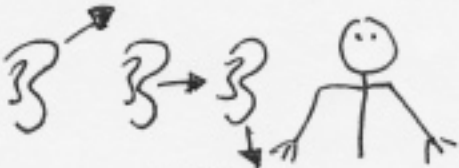
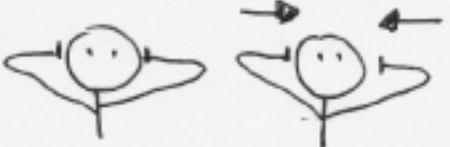
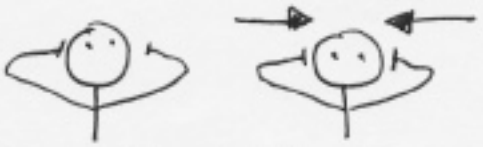





1. During times of high stress, injury or illness our vital energy may not be reaching certain places in the body – it is usually these areas where illness will settle. Practicing the Whole Body Yoga Series helps to re-establish the flow of vital energy throughout the body. Performing these exercises daily will help to keep the muscles stretched and strengthened, the joints lubricated, the internal organs working optimally, and reduce stress.
2. **KEEP BREATHING!** It is easy to forget so please continue to breathe consciously during the entire set of exercises:
  - a. Coordinate movement with breathing. When the inhalation begins start the movement. Wait for inhalation to finish before beginning to exhale.
  - b. Inhale when moving away from the heart. Exhale when moving towards the heart.
  - c. Inhale with stretching/effort, exhale with relaxation.
3. Repeat each exercise 5 times on both sides of body to both directions unless otherwise specified.
4. Do not push yourself beyond your limits. If an exercise causes pain decrease the amount of stretch, angle of bending or angle of rotation until you feel a comfortable tension in the muscles.
5. Always move smoothly and avoid jerky motions.
6. When moving one part of body, relax all others in order to isolate the part of the body you are focusing on at the time.
7. Relax in between exercises. Bring the focus from the world of the senses to the focus of the internal awareness. Close the eyes, relax and feel the changes experienced after each exercise.
8. Close your eyes if you feel balanced and grounded while performing the exercises to increase your inner awareness.

## UPPER BODY: Head, Face & Neck



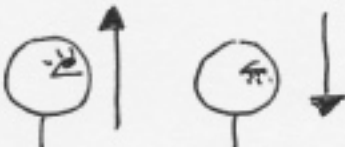



These exercises will move vital energy around the sense organs, brain and head. It can help with mental clarity and concentration, eye disorders, hearing disorders, vertigo, motor cortex function, sinus pressure, drainage and headaches. The neck movements open and release tension where the spinal column originates - at the base of the skull - opening the flow of energy all the way down the spinal column which will affect every system of the body.

 <p style="text-align: center;"><b>Head Tapping</b></p>	<ul style="list-style-type: none"> <li>• Raise both arms over head</li> <li>• Drop open right palm softly onto top of head, then begin alternating hands</li> <li>• 5 times each hand</li> <li>• Benefit: Increases energy to the brain</li> </ul>
 <p style="text-align: center;"><b>Eyes: Up &amp; Down</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Keep the head still and look up</li> <li>• Exhale: Look down</li> <li>• 5 times each direction then close eyes</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>
 <p style="text-align: center;"><b>Eyes: Right &amp; Left</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Keep the head still and look right</li> <li>• Exhale: Look left</li> <li>• 5 times each direction then close eyes</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>

 <p>Eyes: Diagonal (Upper Left)</p>	<ul style="list-style-type: none"> <li>• Inhale: Keep the head still and look upper left</li> <li>• Exhale: Look lower right</li> <li>• 5 times each direction then close eyes</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>
 <p>Eyes: Diagonal (Upper Right)</p>	<ul style="list-style-type: none"> <li>• Inhale: Keep the head still and look upper right</li> <li>• Exhale: Look lower left</li> <li>• 5 times each direction then close eyes</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>
 <p>Eyes: Rainbow</p>	<ul style="list-style-type: none"> <li>• Inhale: Keep the head still and look right then up and over to the left</li> <li>• Exhale: Look left then up and over to the right</li> <li>• 3 times each direction then close eyes</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>
 <p>Eyes: Pendulum</p>	<ul style="list-style-type: none"> <li>• Keep the head still</li> <li>• Inhale: Look right then down and to the left</li> <li>• Exhale: Look left then down and to the right</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>
 <p>Eyes: Circles</p>	<ul style="list-style-type: none"> <li>• Keep the head still</li> <li>• Inhale: While looking to the side and up toward the ceiling</li> <li>• Exhale: While looking to the other side and down</li> <li>• 3 times in each direction</li> <li>• Benefit: Exercises small muscles of the eyes</li> </ul>
 <p>Eyes: Blinking</p>	<ul style="list-style-type: none"> <li>• Begin blinking the eyes rapidly</li> <li>• Rub the hands to create heat, place palm over eyes and continue blinking in darkness</li> <li>• Remove hands &amp; relax</li> <li>• Repeat 3 times</li> <li>• Benefit: Relaxes &amp; lubricates eyes</li> </ul>
 <p>Eyes: Gentle Pressure</p>	<ul style="list-style-type: none"> <li>• Inhale and push on eyes with three middle finger tips</li> <li>• Exhale and release</li> <li>• Repeat 5 times</li> <li>• Benefit: Relaxes eyes and may help with glaucoma</li> </ul>

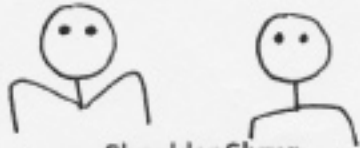


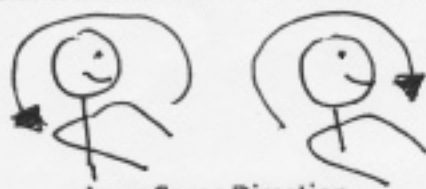



 <p><b>Pull Ears</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Pull upper ear upwards</li> <li>• Exhale: Fling hands away from body</li> <li>• Repeat pulling middle ear back, then ear lobe down</li> <li>• Repeat 3 times each position</li> <li>• Benefit: Stimulates the many nerves around ear</li> </ul>
 <p><b>Push Ears</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Bring palms to ears with fingers pointing behind you</li> <li>• Exhale: Press into ears to create suction, then release</li> <li>• Repeat 3 times</li> <li>• Benefit: Gently massages the ear drum</li> </ul>
 <p><b>Push Ears while Humming</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Bring palms to ears with fingers pointing behind you</li> <li>• Exhale: Press into ears to create suction as you hum while breathing out "Mmmmm", then release</li> <li>• Repeat 3 times</li> <li>• Benefit: Creates a gentle vibration inside the ear canals, sinus passages and brain</li> </ul>
 <p><b>Sinuses: Forehead</b></p>	<ul style="list-style-type: none"> <li>• Take index and middle finger from each hand and place them between the eyebrows on the forehead</li> <li>• With gentle pressure, rub outwards towards the side of face (can also tap with fingertips)</li> <li>• Repeat 3 times</li> <li>• Benefit: Massages frontal sinus</li> </ul>
 <p><b>Sinuses: Inner Eye</b></p>	<ul style="list-style-type: none"> <li>• Put pressure at the inner upper corner of eyes with thumbs</li> <li>• Gently massage this area for a few seconds</li> <li>• Then, with gentle pressure, rub along brow bone towards the side of face (can also tap with fingertips)</li> <li>• Repeat 3 times</li> <li>• Benefit: Massages frontal sinus</li> </ul>
 <p><b>Sinuses: Nose</b></p>	<ul style="list-style-type: none"> <li>• Begin with fingertips under inner corner of eye</li> <li>• Rub the nose from the middle down to the end nearest lips (can also tap with fingertips)</li> <li>• Repeat 3 times</li> <li>• Benefit: Massages ethmoid sinus</li> </ul>
 <p><b>Sinuses: Cheeks</b></p>	<ul style="list-style-type: none"> <li>• Place index and middle fingers beside nostrils where you can feel curve of cheek bone</li> <li>• Rub outwards towards the ears on top of bone (can also tap with fingertips)</li> <li>• Repeat 3 times</li> <li>• Benefit: Massages maxillary sinus</li> </ul>
 <p><b>Jaw Movement</b></p>	<ul style="list-style-type: none"> <li>• Move your jaw forward and back 3 times</li> <li>• Move your jaw side to side 3 times</li> <li>• Rotate your jaw in a circle 3 times to each direction</li> <li>• Benefit: Helpful for releasing TMJ tension</li> </ul>

# Whole Body Yoga Series

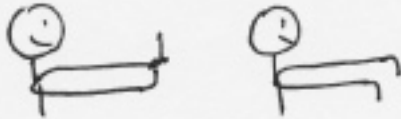
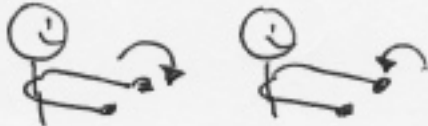

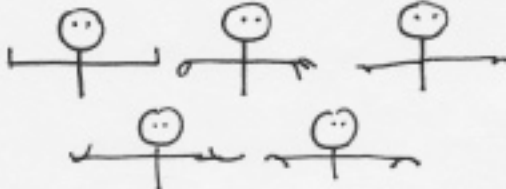



 <p><b>Jaw Massage</b></p>	<ul style="list-style-type: none"> <li>• Place index &amp; middle fingers in front of the ears, above jaw</li> <li>• Rub from here down to just below the bottom of the ear</li> <li>• Repeat behind top of ear, move down to jaw</li> <li>• Repeat 3 times front of ear and back</li> <li>• Benefit: Relaxes the jaw joint</li> </ul>
 <p><b>Cheeks</b></p>	<ul style="list-style-type: none"> <li>• Inhale through mouth</li> <li>• Hold breath with cheeks full of breath and lips closed</li> <li>• Exhale blow out through mouth</li> <li>• Repeat 3 times</li> <li>• Benefit: Works the muscles of the cheeks</li> </ul>
 <p><b>Neck: Nod Head</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Move chin upwards and look up toward ceiling</li> <li>• Exhale: Drop chin towards chest and close eyes</li> <li>• Can also try pressing gently on chin when it is lifted or pressing gently on back of head when chin is down for additional stretch</li> <li>• Repeat 5 times</li> <li>• Benefit: Stretches front and back of neck</li> </ul>
 <p><b>Neck: Turn Head</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Turn head to right</li> <li>• Exhale: Turn head to center</li> <li>• Inhale: Turn head to left</li> <li>• Exhale: Turn head to center</li> <li>• Can also try pressing gently on cheeks when head is turned for additional stretch</li> <li>• Repeat 5 times each direction</li> <li>• Benefit: Releases tension at base of skull</li> </ul>
 <p><b>Neck: Side Bend</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Lift right ear toward ceiling, head will drop to left</li> <li>• Exhale: Return to center</li> <li>• Inhale: Repeat to other side</li> <li>• Repeat 5 times each direction</li> <li>• Benefit: Releases tension along sides of neck and upper back</li> </ul>
 <p><b>Neck: Circles</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Turn head to right and begin to go around in a circle, looking up as you move head back, exhaling and closing eyes as you drop chin down</li> <li>• Repeat 3 times in both directions</li> <li>• Benefit: Maintains range of motion for cervical vertebrae</li> </ul>

## MIDDLE BODY: Shoulders, Arms & Hands

These exercises move vital energy around the shoulders, elbows, wrists, hands, lungs, and abdominal organs. The arm and wrist movements help to open the joints of these areas.






 <p>Shoulder Shrug</p>	<ul style="list-style-type: none"> <li>• Inhale: Squeeze shoulders towards ears</li> <li>• Exhale: Drop shoulders down quickly</li> <li>• Repeat 5 times</li> <li>• Benefit: Increases circulation to upper back and neck</li> </ul>
 <p>Rotate Shoulders</p>	<ul style="list-style-type: none"> <li>• Inhale: Draw shoulders forward and up</li> <li>• Exhale: Press shoulders back and down in a backwards circle</li> <li>• Repeat 5 times backwards, then 5 times forwards</li> <li>• Benefit: Improves range of motion to shoulders</li> </ul>
 <p>Single Arm Rotations</p>	<ul style="list-style-type: none"> <li>• Inhale: Circle left arm forward &amp; up, then exhale back &amp; down</li> <li>• Repeat 5 times with each arm individually</li> <li>• Inhale: Circle left arm inhale backward and up, then exhale forward and down</li> <li>• Repeat 5 times with each arm individually</li> <li>• Benefit: Improves range of motion for arm</li> </ul>
 <p>Arms Same Direction</p>	<ul style="list-style-type: none"> <li>• Inhale: Circle both arms forward and up, then exhale back and down</li> <li>• Inhale: Circle both arms backward and up, then exhale forward and down</li> <li>• Repeat 5 times each direction</li> <li>• Benefit: Improves range of motion for arm and chest</li> </ul>
 <p>Arms Opposite Direction</p>	<ul style="list-style-type: none"> <li>• Circle both arms moving in opposite directions</li> <li>• Inhale moving arms up, exhale moving arms down</li> <li>• Repeat 5 times in each direction</li> <li>• Benefit: Improves communication between left and right hemispheres of the brain</li> </ul>
 <p>Elbow Circles</p>	<ul style="list-style-type: none"> <li>• Place fingertips on shoulders, draw elbows together in front of chest</li> <li>• Inhale: Draw elbows in large circles up and apart</li> <li>• Exhale: Move elbows out and then down and together</li> <li>• Repeat 5 times in each direction</li> <li>• Benefit: Opens the shoulders and chest</li> </ul>
 <p>Arm Curl</p>	<ul style="list-style-type: none"> <li>• Begin with arms to sides hands down</li> <li>• Inhale: Draw hands to shoulders by bending elbows</li> <li>• Exhale: Straighten arms</li> <li>• Repeat 5 times</li> <li>• Benefit: Lubricates elbow joint, stretches and strengthens upper arm</li> </ul>

# Whole Body Yoga Series

 <p><b>Wrist Flexion/Extension</b></p>	<ul style="list-style-type: none"> <li>• Raise arms parallel to floor</li> <li>• Inhale: Flex wrists drawing back of hand toward forearm</li> <li>• Exhale: Extend wrists pressing palm down</li> <li>• Repeat 5 times</li> <li>• Benefit: Lubricates wrist joint, stretches forearm</li> </ul>
 <p><b>Wrist Circles</b></p>	<ul style="list-style-type: none"> <li>• Raise arms parallel to floor</li> <li>• Make a soft fist and rotate wrists in circles</li> <li>• Repeat 5 times both directions</li> <li>• Benefit: Lubricates wrist joint in circular motion</li> </ul>
 <p><b>Throw Imaginary Balls</b></p>	<ul style="list-style-type: none"> <li>• With arms in front of body tighten fingers as if holding golf ball in each hand</li> <li>• Inhale: Bring hands to shoulders</li> <li>• Exhale briskly thru nose, throw arms forward</li> <li>• Repeat 3 times as if clutching soft ball, then soccer ball</li> </ul>
 <p><b>Arms Out to Sides</b></p>	<ul style="list-style-type: none"> <li>• Raise arms parallel to floor</li> <li>• Hold arms there and breathe naturally as you <b>KEEP BREATHING!</b> <ol style="list-style-type: none"> <li>1. press palms out</li> <li>2. allow wrists to droop</li> <li>3. straighten wrists</li> <li>4. externally rotate arms</li> <li>5. internally rotate arms</li> </ol> </li> <li>• Hold each position for a few seconds and gradually increase the time that you hold arms up</li> </ul>
 <p><b>Chest Opener</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Raise both arms overhead and expand chest</li> <li>• Exhale: Release arms down</li> <li>• Repeat 3 times</li> <li>• Benefit: Increases lung capacity and opens upper chest</li> </ul>
 <p><b>Blossoming Flower</b></p>	<ul style="list-style-type: none"> <li>• Bring back of hands together at chest, elbows point up</li> <li>• Exhale: Open arms like a flower up and out</li> <li>• Repeat 5 times</li> <li>• Benefit: Increases lung capacity and opens upper chest &amp; shoulders</li> </ul>
 <p><b>Lateral Stretch</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Right arm overhead and left arm towards floor</li> <li>• Turn head to look up at top hand</li> <li>• Exhale to release</li> <li>• Repeat 3 times each arm</li> <li>• Benefit: Increases lung function</li> </ul>

## BREATHING EXERCISES: Awakening the Digestive Fire

The breathing exercises strengthen the breathing diaphragm and stoke the digestive fire to help with issues such as constipation, weak digestion and other eliminatory dysfunction.

 <p style="text-align: center;"><b>Belly Breath</b></p>	<ul style="list-style-type: none"> <li>• Place hands on lower belly and breathe into hands</li> <li>• Inhale: Expand belly like a balloon into hands</li> <li>• Exhale: Release belly towards spine</li> <li>• Repeat 5 times in each position               <ol style="list-style-type: none"> <li>1. looking forward</li> <li>2. gaze at ceiling while leaning back slightly, breathe faster</li> <li>3. gaze at floor while leaning forward slightly, breathe faster</li> </ol> </li> <li>• Benefit: Massages abdominal organs in three different positions</li> </ul>
 <p style="text-align: center;"><b>Bellows Breath: 30 Degrees</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Place hands on hips with thumbs forward</li> <li>• Exhale: Bend forward from hips 30 degrees</li> <li>• Inhale: Quickly thru nose while expanding belly</li> <li>• Exhale: Quickly thru nose while contracting belly</li> <li>• Repeat 5-10 times</li> <li>• Relax completely before standing back up on Inhale</li> <li>• Benefit: Stimulates digestive fire</li> </ul>
 <p style="text-align: center;"><b>Bellows Breath: 90 Degrees</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Place hands on hips with thumbs forward</li> <li>• Exhale: Bend from hips to 90 degrees and look forward</li> <li>• Inhale: Quickly thru nose while expanding belly</li> <li>• Exhale: Quickly thru nose while contracting belly</li> <li>• Repeat 5-10 times</li> <li>• Relax completely before standing back up on Inhale</li> <li>• Benefit: Stimulates digestive fire</li> </ul>
 <p style="text-align: center;"><b>Exhale Retention: 30 Degrees</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Place hands on hips with thumbs forward</li> <li>• Exhale: Bend forward from hips 30 degrees</li> <li>• Inhale normally</li> <li>• Exhale fully drawing belly strongly in toward spine</li> <li>• Hold breath out and keep drawing belly in for as long as you can comfortably</li> <li>• Relax completely before standing back up on inhale</li> <li>• Repeat 3 times</li> <li>• Benefit: Stimulates digestive fire, strengthens diaphragm</li> </ul>
 <p style="text-align: center;"><b>Exhale Retention: 90 Degrees</b></p>	<ul style="list-style-type: none"> <li>• Inhale: Place hands on hips with thumbs forward</li> <li>• Exhale: Bend from hips to 90 degrees and look forward</li> <li>• Inhale normally</li> <li>• Exhale fully drawing belly strongly in toward spine</li> <li>• Hold breath out and keep drawing belly in for as long as you can comfortably</li> <li>• Relax completely before standing back up on Inhale</li> <li>• Repeat 3 times</li> <li>• Benefit: Stimulates digestive fire, strengthens diaphragm</li> </ul>

# Whole Body Yoga Series

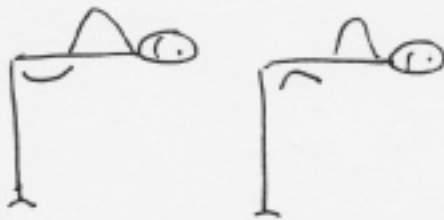
HOLD EXHALE



**Abdominal Pumping: 30 Degrees**

- Inhale: Place hands on hips with thumbs forward
- Exhale: Bend forward from hips 30 degrees
- Inhale normally
- Exhale fully drawing belly strongly in toward spine
- Hold breath out and pump abdomen in and out for as long as you can comfortably
- Relax completely before standing back up on Inhale
- Repeat 3 times
- Benefit: Stimulates digestive fire, massages viscera strengthens diaphragm

HOLD EXHALE







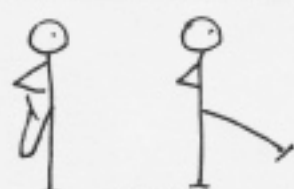
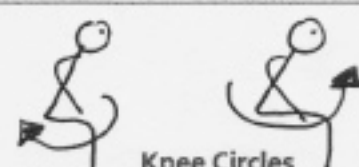

**Abdominal Pumping: 90 Degrees**

- Inhale: Place hands on hips with thumbs forward
- Exhale: Bend from hips to 90 degrees and look forward
- Inhale normally
- Exhale fully drawing belly strongly in toward spine
- Hold breath out and pump abdomen in and out for as long as you can comfortably
- Relax completely before standing back up on Inhale
- Repeat 3 times
- Benefit: Stimulates digestive fire, massages viscera strengthens diaphragm


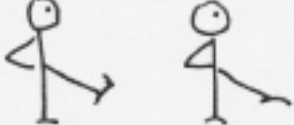
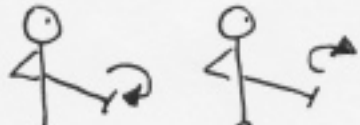







## LOWER BODY: Pelvis, Legs & Feet

These exercises move vital energy through the pelvis, legs, knees, calves, ankles, feet and toes. Helps with balance when walking, arthritis pain in the lower extremities, foot problems, and maintaining balanced action of the pelvis and legs.

POSTURE	DESCRIPTION & BENEFITS
 <p>Chair</p>	<ul style="list-style-type: none"> <li>• Stand with feet hips width apart and hands on hips</li> <li>• Exhale: Bend knees pretending to sit in chair, hold position as long as you comfortably can, breathing naturally</li> <li>• Stand up with the power of the legs</li> <li>• Repeat 3 times</li> <li>• Benefit: Strengthens knees, thighs and gluteus muscles</li> </ul>
 <p>Standing Hip Circles</p>	<ul style="list-style-type: none"> <li>• Stand with feet hips width apart and hands on hips</li> <li>• Begin Rotating hips in circles starting small and move larger</li> <li>• Move only hips not torso</li> <li>• Repeat 5 times to each direction</li> <li>• Benefit: Releases tightness in hips &amp; pelvis</li> </ul>
 <p>Legs in Four Directions</p>	<ul style="list-style-type: none"> <li>• Stand on left leg with hands on hips</li> <li>• Inhale: Right leg forward; Exhale: To center</li> <li>• Inhale: Right leg back; Exhale: Return to center</li> <li>• Inhale: Right leg out to right; Exhale: Return to center</li> <li>• Inhale: Right leg crosses in front of left; Exhale: To center</li> <li>• Repeat 5 times on each leg</li> <li>• Benefit: Strengthens standing leg, opens energy in other hip</li> </ul>
 <p>Leg Circles</p>	<ul style="list-style-type: none"> <li>• Stand on left leg with hands on hips</li> <li>• Move right leg forward, out to right, back, center in circle</li> <li>• Repeat 5 times with each leg</li> <li>• Benefit: Strengthens standing leg, increases rotational capacity of other hip</li> </ul>
 <p>Kicking</p>	<ul style="list-style-type: none"> <li>• Stand on left foot</li> <li>• Inhale: Draw right heel towards right buttock</li> <li>• Exhale: Kick foot forward</li> <li>• Repeat 5 times with each leg</li> <li>• Benefit: Lubricates knee and strengthens hamstring and quadriceps</li> </ul>
 <p>Knee Circles</p>	<ul style="list-style-type: none"> <li>• Step feet together place hands on knee caps</li> <li>• Circle knees to right then to left</li> <li>• 5 times each direction</li> <li>• Benefit: Moves energy through knees</li> </ul>
 <p>Knee Figure Eights</p>	<ul style="list-style-type: none"> <li>• Place hands on knees place hands on knee caps</li> <li>• Make figure eights with knees</li> <li>• Move in both directions</li> <li>• Benefit: Moves energy through knees and engages brain to coordinate movement</li> </ul>

# Whole Body Yoga Series

POSTURE	DESCRIPTION & BENEFITS
 <p data-bbox="300 486 479 518"><b>Square Kicks</b></p>	<ul data-bbox="690 279 1404 518" style="list-style-type: none"> <li>• Stand on left foot</li> <li>• Inhale: Bring right foot forward and up</li> <li>• Exhale: Bend knee to move right foot in front of left knee</li> <li>• Inhale: Kick right leg out diagonally</li> <li>• Exhale: Return to center</li> <li>• Repeat 3 times with each leg</li> <li>• Benefit: Coordinates hip, knee &amp; leg movement</li> </ul>
 <p data-bbox="235 673 544 704"><b>Ankle Flexion/Extension</b></p>	<ul data-bbox="690 538 1437 704" style="list-style-type: none"> <li>• Stand on left leg and lift right leg forward</li> <li>• Inhale: Flex ankle</li> <li>• Exhale: Point toe</li> <li>• Repeat 5 times each ankle</li> <li>• Benefit: Lubricates ankle joint &amp; maintains range of motion</li> </ul>
 <p data-bbox="300 859 479 890"><b>Ankle Circles</b></p>	<ul data-bbox="690 725 1242 890" style="list-style-type: none"> <li>• Stand on left leg and lift right leg forward</li> <li>• Inhale: Circle ankle to right</li> <li>• Exhale: Circle ankle to left</li> <li>• Repeat 5 times each direction on each ankle</li> <li>• Benefit: Lubricates ankle &amp; keeps it mobile</li> </ul>
 <p data-bbox="316 1056 479 1087"><b>Toe Flexion</b></p>	<ul data-bbox="690 922 1307 1087" style="list-style-type: none"> <li>• Stand on left leg and press tops of toes into floor</li> <li>• Inhale: Roll to big toe</li> <li>• Exhale: Roll to little toe</li> <li>• Repeat 5 times with each foot</li> <li>• Benefit: Stretches tops of foot &amp; ankle</li> </ul>
 <p data-bbox="300 1243 479 1274"><b>Toe Extension</b></p>	<ul data-bbox="690 1108 1307 1274" style="list-style-type: none"> <li>• Stand on left leg and turn toes of right foot under</li> <li>• Inhale: Roll to big toe</li> <li>• Exhale: Roll to little toe</li> <li>• Repeat 5 times with each foot</li> <li>• Benefit: Stretches bottom of foot &amp; toes</li> </ul>
 <p data-bbox="332 1460 462 1491"><b>Heel Lifts</b></p>	<ul data-bbox="690 1326 1421 1471" style="list-style-type: none"> <li>• Stand with feet hips width apart</li> <li>• Inhale: Raise arms forward and overhead as you raise heels</li> <li>• Exhale: Release</li> <li>• Repeat 5 times</li> </ul>
 <p data-bbox="251 1688 527 1719"><b>Toe &amp; Heel Walking</b></p>	<ul data-bbox="690 1533 1356 1709" style="list-style-type: none"> <li>• Stand on toes and keep body straight</li> <li>• Walk forwards taking 10 baby steps, then backward</li> <li>• Repeat walking on heels forward, then backward</li> <li>• Benefit: Increases mental focus and physical balance, strengthens calves &amp; arches of feet</li> </ul>
 <p data-bbox="300 1895 479 1926"><b>Sobriety Test</b></p>	<ul data-bbox="690 1781 1453 1885" style="list-style-type: none"> <li>• Walk placing one foot in front of the other – heel to toe, heel to toe</li> <li>• Repeat 10 steps forwards then backwards</li> </ul>