

SELF-CARE ROUTINE

Have a glass of warm water to wake up your body.

1) MOVEMENT options:

- 3-5 Surya Namaskars/Sun Salutations
- Standing back movement: twist, side stretch, up & down
- Some other spontaneous body movement.

2) PRANAYAMA

*Garuda Pranayam – standing in a relaxed position, feet hips width apart begin raising hands with inhale, lowering with exhale through nose. As momentum builds and arms move faster release exhale through mouth with “HA”. As arms move faster allow them to move on their own in full circles, continuing with the HA on the exhale. Allow movement to slow in natural time. When finished sit and feel into body, breath, heart. (<https://youtu.be/qDKkSP9s8aM>)

* Om seven times, focusing on the mmmmmm

* Alternate Nostril Breath – start with 11 rounds, build to 21 rounds

* 4 Mudras – 5-10 Ujai Breaths with each

Chin Mudra



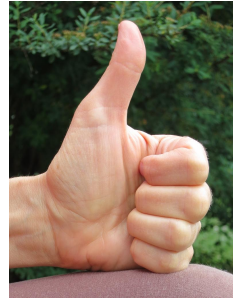
Chin Maya



Adi



Merudanda



3) Chanting

Chant “OM” 7 times, focusing on each chakra as you do.

4) Clearing

Inhale deeply through nose and exhale with some force through nose –inhale & exhale same length. 1 min

Inhale deeply through nose and exhale with some force “ha”. 1 min

Inhale deeply through nose and exhale with mouth closed making sound of “hmmmm” feeling the vibration throughout the face.

5) MEDITATION

Do as long of a silent meditation as you are able in laying down or sitting.

This whole practice can be adjusted to fit your allotted time -anywhere from 10 – 60 minutes.