

Morning Vertical Setting-Up Exercises -

Courtesy of Peter Van Daam and the Association for Research and Enlightenment

To be done upon waking after drinking a glass of warm water.

Throughout the exercises **be mindful** of the exercise itself and pay attention to the movement of the body as described in each exercise. **Breathing** is meant to be done deeply in through nostrils and exhale completely through the mouth. Continue deep breathing this way throughout the routine.

Try to reach a maximum of 10-12 repetitions of each exercise (in each direction)

1. **Deep breathing** - inhale through the nostrils and exhale through the mouth
2. **Twist** - Feet apart. Gently twist trunk, shoulders, head, and eyes back and forth, swinging arms with flowing Tai Chi-like movement. Inhale one way; exhale the other.
3. **Tilt** - Arms rigid, extended sideways, always in line with the shoulders. Tilt side to side.
4. **Forward & Back** - Inhale and lean forward gently; stretch arms toward the horizon while exhaling. Inhale again as you return to erect position. Bend back gently arching upper back, clasping hands together behind the back, pull elbows together and exhale. Try to develop flow and rhythm to this exercise
5. **Shoulder Rotation** - Rotate shoulders in exaggerated circles, rubbing arms against torso, inhaling while raising shoulders, exhaling as you rotate elbows downward. Reverse direction.
6. **Arm Rotation** - Arms at sides. Keep elbow straight and always keep the thumb pointing down so humerus (upper arm bone) is in the best alignment with shoulder socket. Reverse direction then repeat both directions with the opposite arm.
7. **Leg Rotation** - Stand on one leg. Turn the toe of the lifted leg inward and maintain this position throughout exercise to isolate the movement of the hip socket. Rotate the leg in small circles with knees slightly bent. Reverse direction
8. **Jangle** - Jog in place on toes, shaking arms and hands loosely throughout. Reach to sky inhaling deeply, with arms and hands still shaking. Exhale as you lower the arms. JUST 3 REPETITIONS
9. **Knee Bends on Toes** - Hands on hips (or thighs), back erect. Exhale as you squat; inhale rising.
10. **Hip Rotation** - Hands on hip. Rotate hips in exaggerated circles with knees slightly bent, keeping head and shoulders relatively stationary. Reverse direction
11. **Hip Rotation in Pushup Position** - In a pushup position either on forearms or on hands with heels of feet pressed against a wall or stair. Rotate the hips in an exaggerated circle. Reverse direction. NOTE: This exercise is a “bonus” exercise and can be added to further strengthen the hips and core.
12. **One Legged Jangle** - Place right hand on left thigh for support. Stretch left arm forward and right leg backward allowing your body to bend forward. Vigorously shake the imaginary glove and shoe off of the extended hand/foot. Reverse sides. JUST 3 REPETITIONS
13. **Touching Toes** - Feet apart. Inhale deeply rising on toes and stretching hands to sky with upper back gently arched. Hold briefly. Bend forward, reach toward toes, knees unlocked, and exhale. With practice one can stay on the toes.
14. **Jangle** - JUST 3 REPETITIONS
15. **Flat Footed Squat** - Feet should width apart and always flat. Arms always extended straight ahead. Inhale fully. Exhale as you squat with back erect to as deep a place as possible without undue pain keeping the arms extended at shoulder height. Inhale as you rise.
16. **Crossover** - Feet apart, knees unlocked. Inhale rising on the toes and raising left hand to sky. Exhale completely as you bend forward with left hand reaching to grasp the left heel. Repeat sequence but with the left hand reaching the right heel. Reverse the sequence with the right hand; first bend to touch the right heel and then bend to the left heel. JUST 3 REPETITIONS
17. **Spleen/liver Press** - Legs wide apart. Inhale. Exhale as you compress left (spleen) side of abdomen against left thigh. Inhale again and then exhale compressing the right (liver) side of the abdomen against the right thigh. Do 3-6 repetitions
18. **Jangle** - JUST 3 REPETITIONS

19. **Head and Neck** - Drop head gently toward chest three times. Reverse, chin to the sky three times. Tilt toward one shoulder (with face forward) three times; then to the opposite shoulder. Drop head to chest, and rotate in circle three times clockwise then three times counterclockwise. Keep shoulders stationary and relaxed down throughout the exercise. Be mindful of the movement at all times so as not to allow the head to just flop in the direction. Always stay in control of the movement of the head.
20. **Alternate Breathing** - Close left nostril with the left forefinger. Breathe in deeply rising to the toes and reaching the right arm to the sky. Imagine that you are bringing “strength” into the body. Hold briefly and exhale sharply as you bend forward to reach hand toward the toes. Repeat 3-6 times this side. Reverse sequence with the right forefinger closing the right nostril. Breathe in deeply rising to the toes and reaching the left arm to the sky. Imagine that you are bringing “balance” to the body. Hold briefly and exhale sharply as you bend forward to reach hand toward the toes. Repeat same number of times as the first side