

Breath Energy Work: Exercise for the Mind & Body

This is a short morning routine to help get you started. You can do these first thing in the morning, or anytime throughout the day, including at your desk. The hand section will be a video, known as, “The Longevity Exercises”, on my website at, breathenergywork.com. A routine should be modular, exercises strung together in a way that suits your needs. You can change the order that I suggest, add to or subtract as you see fit. It does help to get into the habit of doing your routine daily, regular practice produces better results. Use your routine to get ready for the day, before more rigorous activity as a warm-up, during the day to get energized.

When I refer to breathing, I’ll always be referring to dan tian breathing, using the diaphragm rather than the chest to draw the breath in. To practice this type of breathing, lie down, place your hands on your abdomen just below the navel and in a relaxed way allow the hands to rise as you inhale, and return to the original position as you exhale. With practice, you should be able to do this while standing or seated throughout the exercise. Eventually you will also notice a little expansion around the lower back as well. Just be patient with this process, practicing only for short periods of time. With practice, this will help you to maintain a healthier pulmonary capacity throughout your life.

There are many exercise programs out there these days, so you might be thinking, why should I choose this one. What makes this program unique is that it can be done almost anywhere, anytime, without the need for special apparel, place or equipment. All you need to do is spend a little time going over the text and trying out the sampling that I’ve put together. Enjoy in good health.

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After you've done the hand routine, try one of the face washing techniques. Be sure your hands are clean first. Place both hands on your face and wipe down, then return the hands to the original position and wipe out. Repeat nine more times for a total of ten. Great for stimulating and refreshing the facial muscles.

Reach down and grab a foot, give it a good massage, bending and loosening. If you can't reach your feet, rotate them around and try later.

While sitting on the edge of the bed or in a chair, raise one leg and extend out and hold for a twenty count. Now do the other.

Reach around and give your lower back a rub.

In a standing position, feet shoulder width apart, bend at the knees to about knees to end of shoes with both hands in front of your chest. In one motion, raise up and throw your arms out and up to top of head height. Do this quickly while counting to ten.

Clap your hands together down low in front of you ten times, at chest height ten times and behind you ten times. Just try it, very invigorating. This is your wake up call.

With your hands at your sides, place them in front of you, palms up at about waist height, fingers pointing inward, as if your hands were lying on a table. Your elbows should be extended out to the sides, shoulders natural and released. As you inhale through the nose, the hands rise up to chest height, shoulders remain loose (don't let them rise up). At chest height, turn both hands over and exhale while pushing down to waist height. To repeat just turn the hand over, palms up, breath in and so on. Do at least 5 times.

This next breathing exercise just so happens to be on my web site under Excerpt, page 71 in the book.

So far, you could do all of this seated, except the rising up, throwing out.

This is a start, won't take long, and didn't cost you anything. The next thing you should do is buy my book so you can learn more. Be well.