



RADIANT
SHENTI
焕发身体

THICK, LUSTROUS HAIR NATURALLY: AFTERNOON MOVEMENTS

These exercises are designed to allow your blood to flow freely and easily throughout the entire body, and especially to the scalp. You can do them as many times as you would like. Try to do them at least once each day.

Short on time, just do one or two of the exercises each hour!

All exercises are done in a seated position.

Here is a quick list for you to print and keep by your bed. Full details with photos follow.

1. Seated spine stretches
2. Seated forward folding and lifting
3. Bouncing the toes
4. Combing the hair
5. Raking the hair with your fingers
6. Head movements



Seated spine stretches

- Cactus your arms
- Gently drop your head back as you squeeze your shoulder blades together, bring your elbows back, and arch your spine
- Bring your shoulders and then arms forward, tucking the chin and curling the spine

Inhale back, exhale forward

Repeat 9-12 times



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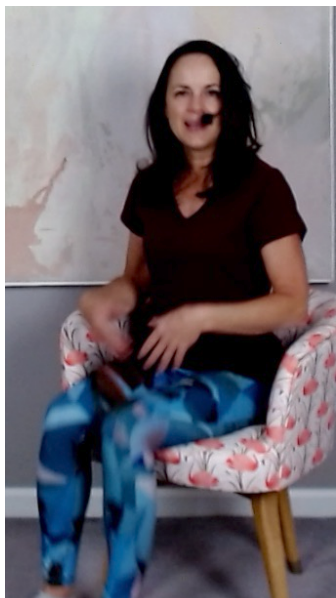


Seated forward folding and lifting

- Bend forward and place your fingers under your toes
- Reach the top of your head to the ground as you pull forward
- Lift your spine as high as you are able

Exhale as you pull down, inhale as you lift up

Repeat 9-12 times



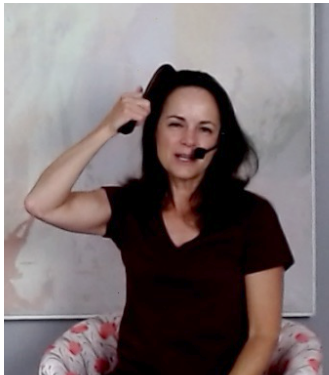
Bouncing the toes

- Rapidly lift and drop your heels to the ground
- Make loose fists with your hands and drum on your thighs and hips

Repeat up to 49 times



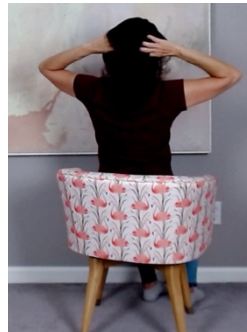
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Combing the hair

- Start at the right edge of the hairline and stroke to the occipital region, where the skull meets the neck
- Repeat, starting further to the left each time
- Flip your head upside down and reverse the process

Repeat up to 49 times each way



Raking the hair

- Place your fingertips along the hairline
- Rake back to the occipital region, where the skull meets the neck
- Sweep the thumbs from the back of the ears to the front of the ears

Repeat 9-12 times

Head movements

- Sit with your spine straight, face pointed forwards
- Turn your chin over your right shoulder as you exhale
- Inhale to center
- Exhale and turn your chin over your left shoulder
- Inhale to center
- Exhale and gently drop your head back
- Inhale to center
- Exhale, tuck your chin, and drop your head forward
- Inhale to center
- Exhale and drop your right ear to right shoulder
- Inhale to center
- Exhale and drop your left ear to your left shoulder

Repeat the cycle up to 4 times