

THICK, LUSTROUS HAIR NATURALLY: MORNING MOVEMENTS

Except for the last two exercises, these morning movements are ideally done lying down, before getting out of bed. If you need to do them out of the bed, simply sit on the edge of the bed for 12 seconds, rotate your ankles, and then do the exercises in a comfortable seated position.

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

1. Deep abdominal breathing
2. Drawing in the knees
3. Lifting the hips
4. Lifting and tugging the ears
5. Lifting and tugging the hair
6. Standing forward folds and lifts
7. Seated forward folds and lifts



Deep abdominal breathing

- Inhale through your nose, filling up the lower belly, the mid-section, and then upper chest
- Exhale out through the nose, emptying the upper chest, mid-section, and then lower belly

Repeat 2-3 times



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Drawing in the knees

Option 1

- Lift your right leg and bring it into your chest, then place it down
- Repeat with your left leg
- Lay both legs flat

Repeat 9 times each side

Options 2

- Hug both knees into your chest
- Raise your hips off the bed
- Lay both legs flat

Repeat 9 times



Lifting the hips

- Place your feet flat on the ground
- Touch your fingertips to the backs of your heels
- Press the bottoms of your feet down as you raise your hips up
- Lower back to starting

Repeat 9 times



Rotating the ankles

- Sit on the edge of the bed
- Rotate your ankles 9 times in one direction
- Rotate your ankles 9 times in the opposite direction



Lifting and tugging the ears

- Reach across your head and grab the tips of your ears with the opposite hands
- Gently tug upwards



Lifting and tugging the hair

- Grab your hair by the roots and tug up gently
- Repeat until you have tugged your hair on all areas of your scalp



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Standing forward folds

- Bend the knees to form a right angle as if you were sitting in a chair
- Bend forward holding the toes
- Exhale and fold deeper, dropping your head as if trying to reach it to the ground
- Inhale and rise up to a flat back

Repeat 9 times

This exercise not only treats your hair but addresses deafness and blurred vision.



Seated forward folds

- Sit on the ground with the legs and arms stretched straight, the fingers on the thighs pointing towards the feet, spine straight and head facing forward
- Exhale as you bend forward; imagine trying to touch your head to the ground
- Inhale and come back to the starting position

Repeat 9 times