



It is beneficial to do this routine at the beginning of any form of exercise or practice, whether it is a work-out, Tai-Chi, QiGong, stretching or meditation.

The objective is to loosen your joints from head to toe, without strain, lubricating the joints with gentleness.

Be very gentle with all moves and at all times. Adjust or stop a move that hurts.

If a move does not work for you, try an alternate version we saw in class, or ease it up to your level of comfort, or skip it.

<p>1. Neck lateral flexions</p>		<p>Bring your right ear to your right shoulder (keeping the shoulder down), bring the left ear to the left shoulder. Repeat 12x (for a total of 6x on each side)</p>	<p>2. Neck horizontal rotations</p>		<p>Rotate your head to the right as if trying to look behind your head. Rotate it to the left. Repeat 12x</p>
<p>3. Neck forward rotations (half circles forward)</p>		<p>Rotate your head slightly to the left then bring it down and towards the centre, and up to the right. From the right, bring the head down and rotate it to the left. Repeat 12x. Do not bring the head backward.</p>	<p>4. Shoulder rotations aka "locomotive"</p>		<p>Bend your elbows. Rotate your shoulders forwards 6x, then backwards 6x Feel the shoulders loosening up, and feel a stretch in your shoulder blade region, then in your pectoral region. Do the last cycle very slowly and pushing the stretch as far as possible, bring the shoulders upwards as far as they go, feeling your shoulder stretch even more.</p>
<p>5. Elbows rotations aka "stop sign"</p>		<p>Place your elbows by the side of your waist in a "clunk" position. Rotate the forearms around the elbows, keeping the shoulder and upper arm still. Repeat 6x. Then reverse direction of rotation and repeat 6x Feel the elbows and the shoulder loosening up.</p>	<p>6. Wrist rotations</p>		<p>Place your elbows by the side of your waist in a "clunk" position. Rotate the hands around the wrists, keeping the shoulder, upper & lower arm still. Repeat 6x. Then reverse direction of rotation and repeat 6x Feel the wrists loosening up.</p>
<p>7. Hip rotations aka "houlà hoop" ☺</p>		<p>Rotate your hips in a hula-hoop movement, keeping the head and torso vertical, 6x each side. Feel the hip joint being lubricated, the waist massaged and feel alternatively a stretch of the inside of your thigh, then the front, and the inside of the other thigh.</p>	<p>8. Knee rotations</p>		<p>Standing up, bring your feet together and cup your knees with your palms. Rotate both knees together, feet flat on the floor making small circles (optionally increase the size of the circles and come back to small circle), hands cupping the knees, 6x each side Feel the knees loosen up.</p>
<p>9. Ankle rotations</p>		<p>Standing up, place your right big toe on the floor. Rotate the ankle clockwise 6x, and counter-clockwise 6x. Repeat on the other side. Feel a stretch in the dorsum of your foot and the sides of it.</p>			