

MICROMOVEMENTS ROUTINE

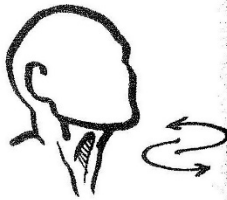
The movements are break down into two routines, the morning for the upper half of the body and the afternoon for the lower half of the body.

Morning Routine: Upper Body

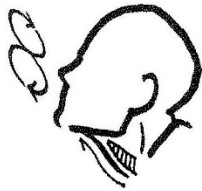
Either standing or sitting, start with dropping your chin to your chest three times.

Feel the gentle tug across your shoulders and up your neck.

Draw some circles in the air with your chin, first small ones, eventually getting larger and looser



Draw a figure eight in air with your chin. Now try it with your nose. Alternate between chin and nose for an advanced perception experience.

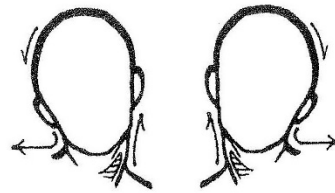


Move your ear to your shoulder a couple of times, as best as you are able, only to your comfort.

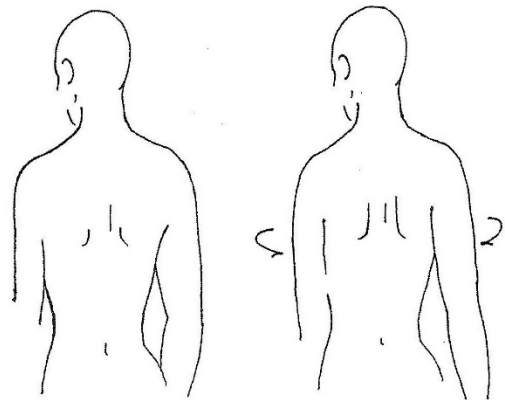


You don't need to actually have your ear touch your shoulder; you are just trying to activate all the muscles between them. Explore different positions, one or both shoulders up, shoulders down.

Swing your chin over your shoulder, look down, look up, and do it for your other shoulder.



Move your elbows, with arms bent, backward as if you were trying to have them meet, until you feel your shoulder blades squeeze, two or three times.



If you like, raise up your chin as you squeeze your elbows backward, but only to gentle comfort range.

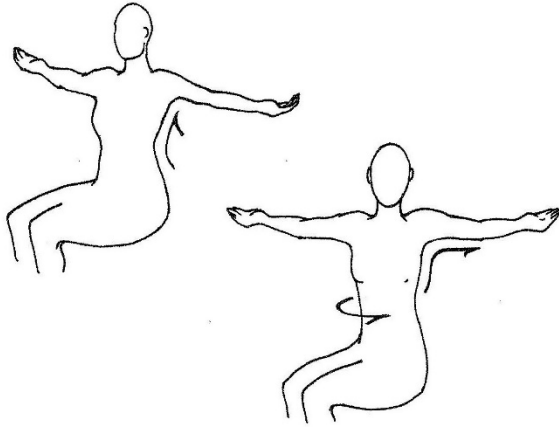
Drop your chin to your chest, let out a breath, and then raise

shoulders, scrunching them up to your ears. Quickly drop your shoulders.

First half of the body is done! Later this afternoon, work on the lower half of your body.

Afternoon Routine: Lower Body

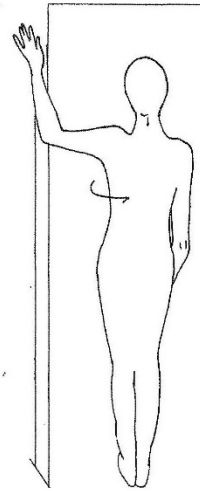
Stand, or sit, with hips facing forward. Twist your torso to your right, trying to get your shoulders as perpendicular



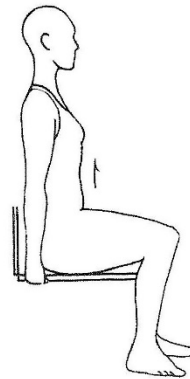
to your hips as long as it feels comfortable. You can press the edge of a desk or table for a little more push and even pulse it a little.

Now do the other side: Turn to your left, keeping your hips

facing forward, and try again to get your shoulders to be perpendicular to your hips, even grabbing the back of your chair or a doorframe for a gentle assist.

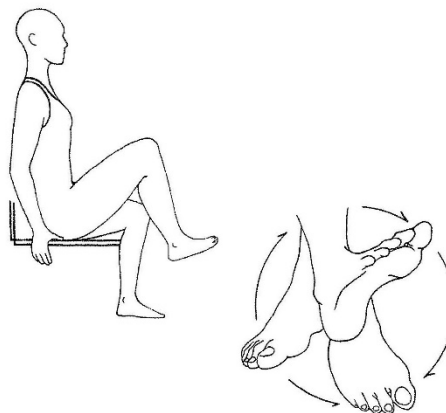


Stand in a doorway, and place your raised hand above your head to hold the doorframe. Twist forward or backward until you can feel a pull in your armpit. This is especially good for women, moving waste out of the breast area and improving circulation.



Sitting in a chair, drop your hands to both sides of your chair, grab the seat underneath, and pull up while straightening your torso. Do this three or four times.

While you are sitting, lift your knee and roll your ankle in a circle. Don't forget the other leg. Remember those fidgeting studies.



Wiggle your toes often.

Stand, and while your heels are firmly planted on the floor, raise your toes. Do one foot only, then the other, then both.