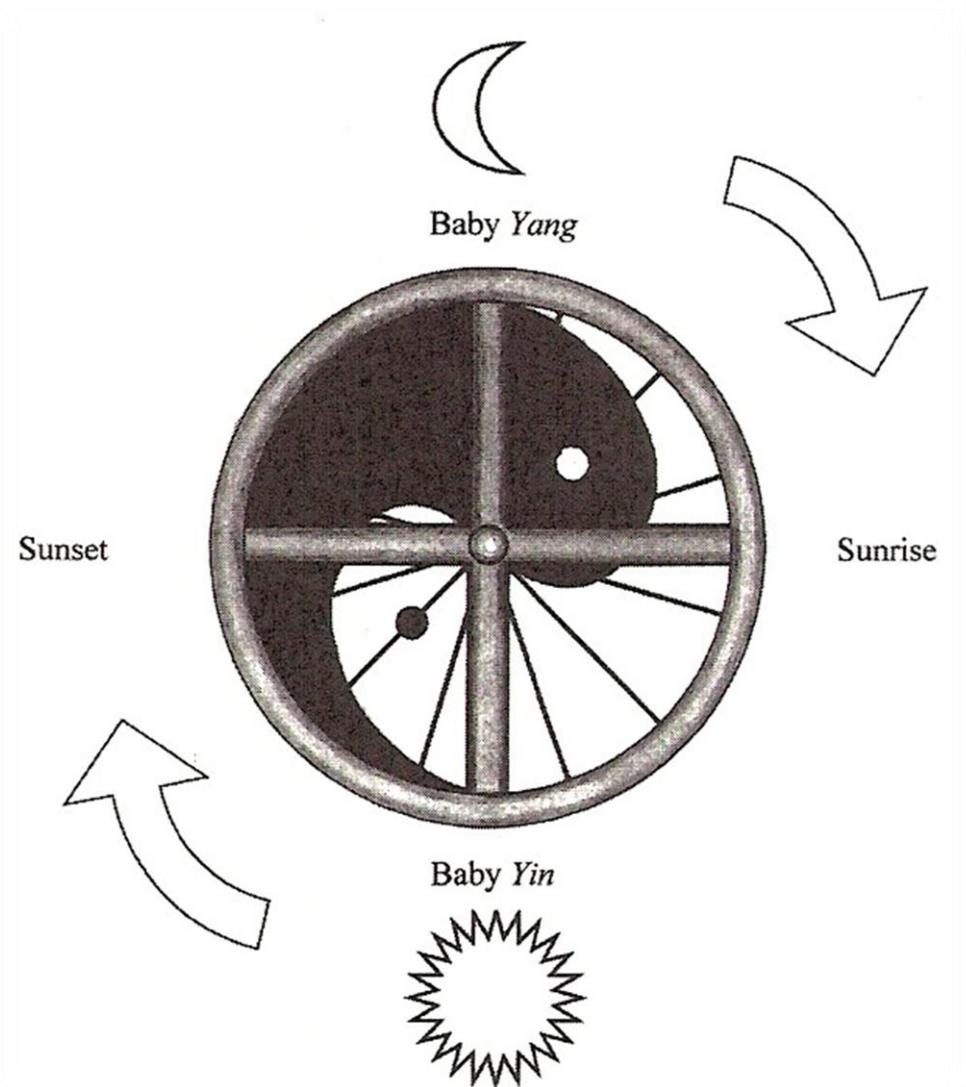


Time 4 Health

Class Handout



Morning Practice

• Yin/Yang Water

1. Prepare boiling water the previous night in a cup (or 2) – half filled
2. Prepare a thermos of boiling water beside the bed (or a kettle beside the bed)
3. When you wake up in the morning, add boiling water to the now cold water in the pre-prepared cups.
4. Drink slowly, sipping your water whilst still in bed or sitting in a comfortable chair. Ideally in-between sips lie back down and rest.
5. After you've finished your water lie back down and breathe deeply into the belly for around 2 to 10 minutes.

NB: - If you have any pre-existing dehydration symptoms try adding a pinch of natural sea salt (no more than a quarter of a teaspoon) to each cup (symptoms can include dry mouth and throat, headaches, dry eyes)



Half Fill cup of boiling water



Add pinch of salt



Next morning,
add boiling water



Lying down covered by blanket with hands on belly

• Cold Face Wash

- After your yin/yang water, splash your face with cold water and dry with a towel.
- No need to use any cosmetics or soaps at this stage.



• Morning Movements

- Straight after your cold face wash, go outside for some morning exercise.
- Morning movement practice should be done before breakfast.
- Make sure to be wearing warm enough clothing and loose comfortable clothing
- Find a spot which is clean, natural and preferably with some sunlight
- Ideally spend 15 to 30 minutes outside.
- Additional Morning Exercise can include but is not limited to jogging, walking, Qigong/Taichi, swimming, cycling etc...

NB: if the weather is not suitable to be outside, find a place inside facing the sun with an open window.



1. Stand in a favourable spot, ideally facing the sun, around plants and sheltered from the wind.
2. Stand feet shoulder width apart, rooting into earth, soften knees, tailbone pointing to ground, head connecting to sky, shoulders and chest relaxed breathe softly into lower abdomen.
3. Shake hands as if shaking off water, feeling space opening up in all the many joints. Shake for 1 minute. When finished take a moment to experience the tingling and warmth as the blood fills your hands
4. Rise up onto toes and drop weight down onto heels. Repeat 9 times
5. Return to standing posture in 2. And spend from 2-10 minutes building a good relaxed structure in your body.
6. Morning movement:
 - a. As you feel your energy rising and filling with the rising energy of the day, allow your hands to rise out to the side.
 - b. At shoulder level, turn the palms to face the sky as the hands continue to rise above your head.
 - c. Once at the top of the head, face the palms of the hands towards the top of the head.
 - d. Bring the hands down slowly in front of you with the palms always facing towards the body
 - e. Once reaching the abdomen, rest the hands over the umbilicus and take 3 deep breathes.
 - f. Repeat this movement 2 more times.



Shaking Hands



Landing on Heels



Standing Posture



Morning Movement

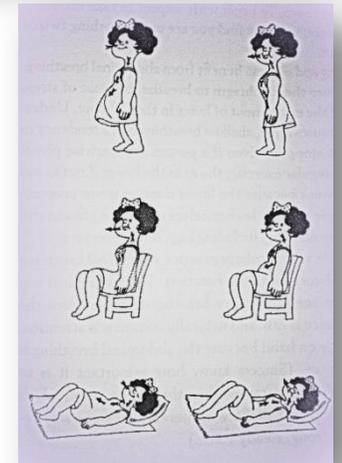
Midday Practice:

• Midday Rest and Belly Breathing

- Find a comfortable place to lie down. If this is not possible this can be done sitting.
- For the best results allow yourself 15 to 30 minutes to practice.
- You should reach a state of semi-sleep; the body deeply relaxed and the hands are warm.
- NB: Ensure you are warm, avoiding any drafts and make sure the feet are kept warm and covered.

Midday Rest Instructions:

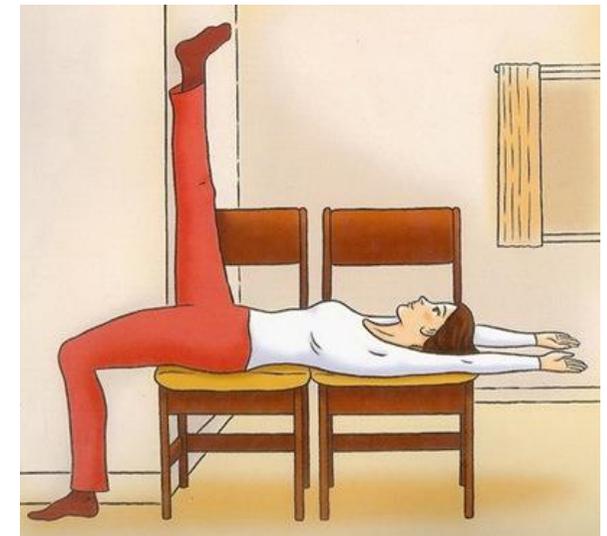
1. Keep the spine is straight, your body covered and warm.
2. Place the hands on the abdomen, or resting by your sides.
3. Close the eyes, close the mouth, lift the tongue to touch the roof of the mouth and let the space between the eyes loosen and relax.
4. Allow all the muscles of the body to let go and the floor beneath to hold you.
5. No part of you is moving except your lower abdomen.
6. When you breathe in, your abdomen stretches upwards and expands.
7. When you breathe out it relaxes and falls back down.
8. Continue this breathing as long as needed.
9. When finished, bring yourself back by first rubbing your hands up and down 9 times and then massaging your face 9 times.
10. Open your eyes and stretch and carry on through the day.



Evening Practice

• Evening Stretch

- If you have no access to a Lajin stretch bench you can use two flat chairs and place in a doorway – refer to diagram
- Alternatively you can lie down on a warm floor and place both feet up against a wall. Make sure your bottom is as close to the corner of the wall and floor as possible.
- In either practice if possible rest the arms/hands directly above the head.
- Relax into the stretch and breathe deeply into the belly.
- Each leg should be stretched for 15 minutes. If this is not possible at first... work your way up to it slowly, increasing by one minute each day, starting with 5 mins each.



Night Practice:

• Hot Foot Soaks

1. Fill a bucket with hot water
2. Place feet into the water for 3 to 5 minutes or until the skin of the feet are warm and reddish in colour.
3. Water level should be higher than the ankle if possible.
4. Make sure the temperature of the water is very hot but not so hot that it scolds.
5. The water temperature should remain hot for the duration of the soak (if it gets cold either remove the feet or top up with more hot water)
6. Dry the feet thoroughly and keep them warm.

NB: this is ideally done as the last thing before you get into bed.



• Sleeping Meditation



- This should be done in your bed just before going off to sleep. Avoid doing the practice and then staying up to read etc...
- Make sure the lights are switched off when you start.

NB: It's ideal to prepare your Yin/Yang Water beside your bed before starting your practice

Sleeping Meditation Instructions:

1. Lying on either side, make sure the spine is naturally curved and not bent too far forwards or backwards.
2. The thumb of the hand you're laying on rests in the dip behind the earlobe. The other hand rests on the opposite shoulder.
3. Connect the feet one on top of the other with knees just slightly bent.
4. Close the eyes, close the mouth, lift the tongue to touch the roof of the mouth and let the space between the eyes loosen and relax.
5. Turn the eyes inward to look down into the abdomen and visualise a golden ball of light swirling in a clockwise direction inside the abdomen.
6. Allow your attention to fall deep into the abdomen and relax into a natural breath.
7. If you don't fall off to sleep then bring yourself back by first massaging the hands 9 times, and massaging the face 9 times. Then open the eyes and stretch.

