

Brain Balancing Exercises

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Keller Yoga

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1. Stand with feet hip width distance (that is the space of 2 fists between your feet). Find a focal point with your eyes that is not moving, and do not let your eyes move from that point. Inhale through your nose as you raise up onto your toes and swing your arms straight out in front of you and over head as if holding a basketball and bringing it over head. Exhale and lower your arms to your side and heels to the floor. On the second breath, inhale arms straight out to the side and up over head as you lift up onto your toes. Exhale, lower arms to side and heels to the ground. Repeat 10-20 breaths. You can move fast or slow. Refinement tip: as your arms come up over head feel all ten fingertips touch.

2. Stand with feet hip width distance. Find a point to your left and one to your right. These two points is where you will direct your gaze as you begin to move. Do not let your eyes go to any other points. Inhale, raise up onto your toes as you swing your left arm straight up and across your body and overhead, as if you were trying to touch the point where the wall meets the ceiling on the right side of the room. Your arm will swing across your body. Exhale, lower left arm to your left side and lower your heels to the ground. Inhale, swing your arm straight up and across your body and overhead as if you were trying to touch the point where the wall meets the ceiling on the left side of the room. Exhale, lower right arm to your right side and lower your heels to the ground. Move from side to side with each breath, taking your gaze to the two designated points. Repeat 10-20 breaths.

3. Part A: Stand with your feet a little wider than hip width distance. With your spine nice and straight begin to swing your arms around your body to the right as your twist your torso to the right. Allow your arms to be loose and gently pat you one your back as you swing. Allow your left heel to come up off the ground so you don't torc your knee. Inhale as you swing, exhale as your gently pat yourself on the back (if your arms reach). Your inhale will be slightly longer than your exhale. Then go to the other side. Allow momentum to build, but remember to keep the spine straight as if you are a pole and your arms are the rope and tether ball that wrap around it. As your arms gently pat you on the back, they are massaging and bringing blood and oxygen to your kidneys and adrenal glands. This is really important to reduce fatigue. Twist to each side 10-20 times.

Part B: Keep twisting, but now make your arms active, reaching out shoulder height. As you twist around to the right, bend your left elbow and allow your left hand to gently pat yourself on the top part of the sternum (breast bone). As you twist to the left, bend your right elbow and allow your right hand to gently pat yourself on the top part of the sternum. This gentle pat will stimulate the thymus gland, activating your immune system. Twist to each side 10-20 times.
Slowly come to a stop.

4. Stand with feet hip widths distance. Hinge forward from the hips so your torso is leaning forward almost parallel to the ground. Take your hands and cup them and begin to firmly pat yourself on your back as high as you can, aiming for just below the ribs where the adrenals and kidneys are located. Breathe deep and continue for 30 sec to 1 min. This helps relieve adrenal fatigue and revitalizes your entire system.

5. Stand with feet hip width distance. Find a focal point with your eyes that is not moving and do not let your eyes move from that point. Put all your weight into your left foot and begin to swing your right leg straight forward and backward. Allow the opposite hand to swing forward as your leg comes forward, just like you would do while walking. Once you find your balance and rhythm, inhale as your leg goes back and exhale as it comes forward. If balance is a challenge for you tap your toes on the ground behind you when you swing your leg back. Swing your leg 10-20 times. Repeat on other side.

6. Stand with feet hip width distance. Find a focal point with your eyes that is not moving and do not let your eyes move from that point. Put all your weight into your left foot as you take your right leg straight out to the right touching your right toes to the ground beside you and both arms up and over head to the left. Take a big breath in and on the exhale swing your arms to the right and your right leg to the left crossing the midline of your body. Inhale as the leg goes out to the side and exhale as it crosses your body. Your arms are moving in the opposite direction as your leg. Your arms and leg will be swinging side to side. Repeat 10-20 times. Repeat same thing on the other side. Put all your weight into your right foot as you take your left leg straight out to the left touching your left toes to the ground beside you and both arms up and over head to the right. Take a big breath in and on the exhale swing your arms to the left and your left leg to the right crossing the midline of your body. Repeat 10-20 times.