



ENERGIZING EXERCISES

WITH DR. HEATHER PAULSON



EYE CIRCLES

INSTRUCTIONS:

- PERFORM EACH EXERCISE 12 TIMES
- START CLOCKWISE THAN COUNTER CLOCKWISE



INHALE



EXHALE



AFTER MOVING HEAD UP AND DOWN
LOOK FROM LEFT TO RIGHT



**UPPER BODY
TWIST
LEFT
TO
RIGHT**



**BASED ON THE TEACHINGS OF MASTER CHOA KOK SUI
MODERN FOUNDER OF PRANIC HEALING**



**LEFT
HIP
CIRCLES**



**RIGHT
HIP
CIRCLES**



EXHALE



INHALE



**ARM CIRCLES
TO THE BACK
THAN
TO THE FRONT**



**BASED ON THE TEACHINGS OF MASTER CHOA KOK SUI
MODERN FOUNDER OF PRANIC HEALING**



**KNEE CIRCLES
TO THE LEFT
THAN
TO THE RIGHT**



ANKLE CIRCLES



FOOT TAP



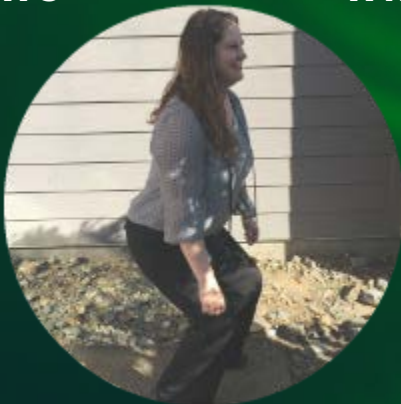
ELBOWS



WRIST CIRCLES



FINGERS



50 SQUATS

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