

A 25-Minute Mini-Workout to De-Stress from a Particularly Hectic Day

by James K. Weber, M.D.

1. Sit in a quiet place, in a comfortable meditative posture Slow down the breath, clear the mind, focus on the moment & on the breath.
2. Focus your attention inwardly for five minutes or so.
3. Return back slowly to your outer physical frame; open eyes slowly, or, even better, keep them closed through step 8, once you remember the steps.
4. Inhale shoulders up & exhale back & down-- 3 times.
5. Inhale arms up & palms together; exhale, bringing arms down & twisting to the R; hold for 3 breath cycles.
6. Exhale back to center, inhale arms up & exhale, twisting to the L-- 3 breaths.
7. Exhale back, inhale arms up, interlace fingers & turn palms up with elbows straight.
8. Exhale arms behind, interlace fingers, stretch arms back & straighten elbows, pulling shoulders back & lifting the head backwards.
9. Lie down on mat or carpeted floor with 5" diameter rolled towel under mid-back to bring mid-chest forward; keep arms out to the side and bring shoulders down to the floor; tuck chin in and elongate the back of the neck--hold for five minutes.
10. Inhale while lifting L arm up & exhale, moving arm over to R; bend elbow & press down L palm to prop up on R elbow and return to sitting.
11. With legs fully extended & feet flexed, torso at right angle to legs, inhale arms up, & exhale into forward bend, holding for five breaths.
12. Roll up torso to sitting and roll down to supine; bend knees & draw feet in close to buttocks and hip width apart; lift hips into bridge pose; hold for ten breaths.
13. Scoot over to the wall and put legs straight up with hips pressed all the way against the wall for 5 minutes.
14. With arms out to the sides & palms down, bend knees, walking feet downward on wall & twist along wall to the floor, first to L then to R; head goes the opposite way.
15. Come back to a cross-legged seated pose at wall, with eyes closed & as much of the body against the wall as possible.
16. Inhale & raise arms up overhead, bringing palms together, & exhale while lowering hands down in midline to heart-- three times.
17. Open your eyes-- you are done, and you ought to be feeling a whole lot better!