

ORGANICALLY, JAMIE

WWW.ORGANICALLYJAMIE.COM

HI@ORGANICALLYJAMIE.COM

INSTAGRAM @ORGANICALLYJAMIE.

On the audio file, there will be music and I will be calling out all the cues and when to switch. It starts with **TUNING IN and then the WARM UP.**

Ong Namō Guru Dev Namō 3 times

I bow to the Creative Wisdom, I bow to the Divine Teacher within

Ad Guray Nameh Jugad Guray Nameh Sat Guray Nameh Siri Guru Devay Nameh 3 times

I bow to the primal wisdom. I bow to the wisdom through the ages.

I bow to the true wisdom. I bow to the great unseen wisdom.

Then a 3 minute **WARM UP** of cat cow going as fast as you can. This is good to lubricate the spine, and move the energy. It adjusts the spine, strengthens the nervous and reproductive systems, and brings the emotions into balance. It also helps to move energy up the spine to the upper Chakras to enhance meditation. It is one of the most common things to do during morning mediation, to wake up your spine and your Kundalini energy, for vitality all day long.

MANTRA Mentally Inhale SAT Exhale NAM at the end, inhale hold stretching the chest up, exhale, round the back. Go to child's pose, far head and arms on the mat, hands in prayer pose stretched above the head

EYES Closed, focusing on the brow point, (Third eye)

The cat cow is not part of the mediation, but a nice way to warm up. I will also call out when it is time to change. Please feel free to email with any questions.

- **Healthy Bowel System** (adapted from KRI Teachers manual, pictures courtesy of The Library of Teachings)

These exercises work on the bowel system. Normally when one is becoming sick the bowel movements serve as an early indicator. It is suggested to do these exercises for 30 minutes a day for good health. We are doing the entire set 1 time, including the tuning in, warm up and 10 minute relaxation. It is just under 30 minutes. If you just want to do the set you can, and it will take about 11 minutes. Just skip to the part of the audio file you want...If you want to do the long version of JUST the set(30 MINUTES), you would repeat the Healthy Bowel Set 3 times, only doing the deep relaxation at the end, once.

On the audio file, I will be calling out all the cues and letting you now when to switch.



Keep head neutral in the forward bend. The head does not turn to look at the upper hand.

BEGINNING WINDMILL POSE

1. Stand with feet slightly wider than shoulder width apart.
2. Bring the arms straight out to the sides parallel to ground, palms down.
3. Twist to the left and then bend forward from the waist, bringing the right hand to the left up in back.
4. Reverse the motion as you come up.
5. Continue moving up and down in a rhythm of about 10 seconds per cycle. (1 minute)
6. Now switch to the right side and continue moving up and down in a rhythm of about 10 seconds per cycle. (1 minute)
7. Continue the same motion but **alternating** left right and pausing for 5 seconds as the hand touches each foot. (1 minute)
8. Continue the same alternating motion, but pause for 25 seconds as the hand touches each foot. (1 minute)
9. Now hold position touching the foot on left side. (2 minutes)
10. Now hold position touching the foot on right side. (2 minutes)



RELAXATION (lying down, eyes closed 2 minutes)



SIDE BENDS

1. Come standing up, with legs hip width apart, arms parallel to floor and palms down.
2. Bend to the side from the waist, letting the left arm come down the left side as the right arm comes up. Keep the right arm straight.
3. Come back to original position.
4. Then stretch down to the right side and return to original position.
5. 6 seconds per side. (1 Minute)



STANDING TORSO TWIST

- 1 Start in the position of the previous exercise.
- 2 Inhale as you twist the torso and arms all the way to the left, exhale back to original position, then inhale as you twist around to the right and exhale back to the center always keeping the arms in a straight line with each other. 2 to 3 seconds per complete cycle.(1 minute)

DEEP RELAXATION (lying on the back, eyes closed, about 10minutes)

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