

Samuel Greenberg



**Magic healing exercises to maintain
health and strengthen the body's
natural defenses**



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Annotation

It has long been known that the physical and mental states of a person are interconnected. There is a proverb that in a healthy body - a healthy mind. A person will be healthy if he periodically engages in physical exercises such as gardening, cleaning the house or any other sports and exercises, including aerobics, Pilates, walking, running, swimming, dancing. Lack of physical activity can affect a person's mental activity and cause, especially with age, numerous diseases. This is why special systems and exercises, such as yoga, wushu, qigong, which improve brain mental function and overall health, are part of Asian culture and are popular among all age categories in Asia. Moreover, it is scientifically proven that certain postures and exercises can affect the functions of the human body.

The book is devoted to physical movements and training as the most important factor in maintaining health and strengthening the body's natural defenses. He gives detailed recommendations on how to avoid a lack of movement when organizing your work day. In this book you will find simple and effective "Magic Wellness Sets of Exercises", which include postures and movements that are optimally selected to create the necessary conditions for the correction and enhancing of mental and physical health. They will not take much time, but they will definitely bring you many benefits.

The systematic implementation of the "Magic Wellness Sets of Exercises" contributes to the harmonization of all spheres of the human body and the healing of the body as a whole.

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Chapter 1. Introduction

Magic healing sets of exercises include a variety of movements and postures, optimally selected to create the necessary conditions, as well as to correct mental and physical health. They include dynamic movements, stretching, isometric tension and relaxation, strength loads and everything else that is typical for physical exercises. Therefore exercises:

- bring individual muscle groups into a state of maximum tension. Against this background, the muscles fully mobilize their functional abilities, and metabolic processes are activated in them. But most importantly - with a maximum load on the muscles, a minimum load on the body as a whole is carried out;
- train not only large muscle groups of skeletal muscle, but also small muscles: intervertebral, cervical, pelvic floor, diaphragm, fingers and toes. The trained muscles of the abdominal region ensure the normal functioning of the internal organs, and the developed intervertebral muscles prevent clamping of the nerves that control these bodies;
- develop mobility of the spine and joints; enhance their nutrition; rid of toxins and salt deposits;
- contribute to the production of a large number of endorphins, which not only relax tense muscles and expand peripheral vessels in painful areas, but also heal the body as a whole - both mentally and physically;
- remove tension and clamps in the body, also playing the role of relaxation gymnastics;
- provide effective massage and blood supply to internal organs due to the alternation of compression and relaxation, and the release of tension from skeletal muscles simultaneously relieves spasms from smooth muscles;
- stimulate the activity of endocrine glands. Blood enriched with their secret becomes an important regulator of all body functions;
- are one of the effective methods of losing weight. The effectiveness of this process is not in speed, but in the stability of the results achieved, while the excess body weight is removed imperceptibly, as if by itself;
- activate the body's defenses and increase immunity; restore impaired

functions of organs and facilitate the course of many chronic diseases, and often relieve them;

- gradually revive not only the systems and organs of the body, but also the cellular level as a whole, significantly rejuvenating and restoring the body;
- contribute to the development of additional vessels, in particular, the vasculature of the heart develops, natural blood circulation increases, and organ nutrition improves;
- maximally involve the subcortical structures of the brain and cerebellum, which is not only responsible for maintaining a static position of the body, distributing muscle tone and maintaining equilibrium, but also regulates autonomic functions organism. As a result, vascular tone, heart rhythm, peristalsis of the gastrointestinal tract, etc. are improved;
- limit the damaging effects of stress and balance emotions, thereby contributing to maintaining calm in all situations;
- educate a person in will, endurance and flexibility; open energy channels; develop coordination; improve various functions, both mental and physical, and most importantly, unlike sports, the body does not expend life force, but, on the contrary, assimilates energy and accumulates it, the effects of Magic healing exercises are very diverse ... They can:
- correct the character of a person, directly forming his predetermined traits, therefore they are shown to everyone who wants to get rid of bad habits.

As a result of this work, it becomes possible and much easier to consciously quit smoking, stop drinking alcohol and give up other drugs and bad habits for self-satisfaction. Gradually, the craving for tobacco and alcohol weakens, and even an aversion to them appears. The way of life is changing, creative abilities are revealed, and social efficiency is increasing;

- restore the energy body, gently freeing it from blocks; stimulate the development of energy centers and harmonize them.

At first you just do the exercises, then you have a desire to change something in the routine of your life, for example, you will cease to like to sit in the evenings in front of the TV. Concentration and efficiency will increase. You will begin to do some things more smoothly and faster.

The systematic implementation of these exercises contributes to the

harmonization of all spheres of the human body and the healing of the body as a whole.

Chapter 2. How to perform Magic healing exercises

Execution features

1. The sequence of movements is selected in such a way as to work out not only various parts of the body, but also the psyche.
2. The emphasis is on restoring joint flexibility and muscle strength, since joint flexibility and muscle strength are one of the main indicators of the biological age of the body: in old age, muscles become weak and joints are stiff.
3. The movements are very slow, smooth and continuous...
4. Slow movement allows you to not only listen to your feelings, but also soothes, increases strength, coordination and stretching.
5. The gradual shift of attention from movement to movement allows you to understand in time where the pain and tension come from, which guarantees the safety of stretch marks.
6. Breathing during physiological movements.

Conditions for the implementation

- A small space with clean air and a pleasant atmosphere is required. You can use quiet music that does not impose tempo.
- A special tracksuit is optional. Clothing should be comfortable and free, not restricting movements. The main thing is not to be cold.
- Sometimes you need a litter, preferably soft.
- It is recommended to practice regularly at the same time and at least 2-3 times a week. Do it a little bit better, for example 15-30 minutes, but every day. Remember that morning exercises give a boost of energy for the whole working day, and evening exercises restore strength after work. Work out for at least 15 minutes, maximum 60 minutes per day.
- Master the movements gradually and slowly. Start learning Magic Complexes with 3-4 movements and add 1-2 movements each time.

- Do each movement at a slow pace, taking 5-6 seconds to complete it. The same amount of time lasts inhalation or exhalation. Gradually increase the duration of the movements.
- When performing movements, breathe slowly and evenly, without straining your facial muscles:
 - raising hands - inhale, lowering - exhale;
 - leaning back - inhale, leaning forward - exhale;
 - moving your legs away from the body - inhale, pulling your legs to the body - exhale;
 - if the movement is very slow, breathe in free mode.
- Consider your individual characteristics without forcing, gradually learning your body. Watching your sensations, learn from each activity.
- Starting the movement, clearly imagine its optimal pattern and observe yourself as if from the side. This will accelerate the achievement of the result.
- Each complex is built in such a way that you do not need to do special relaxation after each movement, as the body works in a balanced way, but if you are tired, interrupt the lesson and rest.
- Move slowly and smoothly, without over-exertion and sharp pain. Over time, try to move as slowly as possible. Movement should be subtle. Slow down the movements until you feel as if the body is doing them on its own.
- Do not try to immediately achieve the final result and do not force yourself to take the right positions. The appearing tremor in the muscles indicates a very active passage of energy and is a sign that you need to slightly reduce the load.
- During movement, monitor the sensations in the body, as well as your mood, thoughts, memories, etc. This is important for harmonizing your life.
- At the end of the Magic complex, you need to relax for 5-10 minutes.
- After a properly conducted lesson, you will feel lightness and joy, which indicates an influx of energy into the body.

If, nevertheless, despite the perfect fulfillment of all the instructions, after class you will not feel very well, then:

- rest or exercise for several days without overloading the muscles in which you experience pain;
- Use special creams and formulations that have a cooling, relaxing and restorative effect.

Various sports creams are also effective. They have not only analgesic, but also anti-edematous, vasodilating and anti-inflammatory effects;

Contraindications:

- acute period of any disease;
- elevated temperature;
- exacerbation and decompensation of chronic diseases;
- severe organic diseases of the nervous system, including epilepsy;
- mental illness;
- serious oncological processes and other forms of pathology characterized by a progressive course (collagenosis, chronic pneumonia, chronic nephritis, hepatitis or cirrhosis);
- anatomical defects and functional disorders that can progress and cause complications under the influence of physical activity (aneurysms of the heart and blood vessels, hypertension, hernia, prolapse and prolapse, marked expansion of the veins, hemorrhoids, paroxysmal tachycardia, stones in the liver or kidneys, high myopia or progressive);
- the period of menstruation in women, pregnancy after the third month and the first 2-3 months after childbirth.

We do not consider psychological problems and depression, scoliosis as a contraindication, since almost everyone has it; mild respiratory diseases and age...

Be sure to consult your fitness instructor or doctor before starting exercises.

Chapter 3. Morning set of exercises "Greeting to the Sun"

It is performed in the morning, best at sunrise. If there is no Sun, for example, when it is closed by clouds, you need to imagine it, connecting it with pleasant memories and awareness that the Sun is the source of Life and Love. An indispensable condition for the implementation of this set is the coordination of the rhythm of breathing with movements. This set magically energizes and heals the physical body.

1. "Prayer posture"



Fig. 1

Stand facing the Sun or to the east, feet together, turn your shoulders, lower your arms along your torso, push your chest forward, and straighten your spine. Feel the sun shine all over your body. Raise your hands slowly and fold your palms to each other in front of the chest (Indian greeting gesture). Elbows freely lower down. Look in front of you, Fig. 1. Breathe in the fresh, clean air saturated with the rays of the rising sun. Take three deep breaths and exhale calmly.

2. “The Arch”

Spread your feet slightly, keeping them parallel. On inhalation, stretch your hands in front of you and slowly raise your palms up to the Sun (thumbs are intertwined, index fingers touch each other). Stretch upwards with fingers and bend your body, stretching your head back, Fig. 2.



Fig. 2

3. "The Stork"

As you exhale, slowly lean forward. During tilt, the upper torso and arms form one straight line. While bending the back only in the lower back, lower your hands with your palms on the floor along the feet, fingertips at midfoot. Calmly inhale and exhale 1-2 times. Then, grasp your ankles and, as much as possible, take a deep exhale. Do not bend your knees, Fig 3, 4.



Fig. 3



Fig. 4

4. “The Dragon”

When you inhale, bend one leg in front of you at the knee at a right angle, and take the other as far back as possible and put on half-fingers. Women leave the right leg in place, and take the left leg back; men leave the left leg in place, and take the right leg back. Do not lift your palms off the floor. Bend your back, look straight ahead. You should try to sit lower and bend more, making sure that the upper thigh presses on the stomach, Fig. 5.



Fig. 5

5. "Mountain"

As you exhale, keeping your hands on the floor, move your front foot back. On inspiration, pushing your hands off the floor, lift the pelvis, arching in the lower back, arms and back form a straight line. Stretch your heels to the floor, Fig. 6.



Fig. 6

6. "Lean against the floor"

As you exhale without lifting your palms from the floor, drop down to touch the floor with your knees, chest and chin. In total there should be eight points of contact, including toes and palms, Fig. 7.



Fig. 7

7. "The Snake"

When you inhale with a diving movement of the body, go face-down at the stop, press your hips to the floor, bend in the lower back and pull your head back, trying to spread and lower your shoulders, as shown on Fig. 8.



Fig. 8

Repeating exercises in reverse order

8. "Mountain" (as in exercise 5). Keeping the position of the arms and legs on the floor, as you exhale, raise your pelvis up with your feet on your feet.

9. "The Dragon" (as in exercise 4). On inhalation, women carry forward the left leg, and men - the right.

10. "The Stork" (as in exercise 3). As you exhale, place your feet close by, lower your head, and raise your pelvis.

11. "The Arch" (as in exercise 2). On the inhale, straighten and, standing on the half-fingers, stretch your arms up with your palms up to the Sun and bend.

12. "Prayer posture" (as in exercise 1). Stand up straight, place your feet together. As you exhale, lowering your hands, fold them in front of the chest with your palms facing each other.

Repeat the set of exercises two more times, alternating the position of the legs in the exercise "Dragon". Complete it with a grateful bow to the Sun.

Chapter 4. Set of exercises "Perception formation"

This set of exercises develops perception; improves the intellectual sphere; improves intelligence and memory; develops ability to quickly and correctly make decisions; develops attention and a sense of humor.

Exercise 1



Fig. 9, 10

Stand straight, feet shoulder width apart. Stretch your arms out with your fingers connected to the "lock" upwards. Reach for your arms with your whole body, stretching each vertebra. Go back. Twisting the spine, stretch to one, and then the other side, Fig. 9, 10. Straighten up.

Exercise 2



Fig. 11



Fig. 12

Put your legs wider than your shoulders. Lean with your hands on your hips, on your shins, then on the floor and stretching your spine. At the end of the incline, reach down, raising the pelvis as high as possible. In this position, “march” without lifting your toes off the floor. Twisting the spine, pull your torso to one and then to the other leg, Fig. 11, 12. Straighten up, leaning first on the legs, then on the hips.

Exercise 3



Fig. 13-15

Put your feet shoulder width apart. Place your palms at the back of your waist. Bend back, leaning on your hips and legs, and then stretch in turn with each hand to the same name heel. After that, reach for the heels with both hands, as shown on Fig. 13-15. Straighten up.

Exercise 4



Fig. 16

First of all, spread your legs wide. Then, leaning on your hips and legs, bend your torso as low as possible and place your hands on the floor and, finally, “Go” with your hands to one leg and further behind it, and then to the other leg and further behind it, Fig. 16. Get up, leaning on your lower legs, then on your hips.

Exercise 5

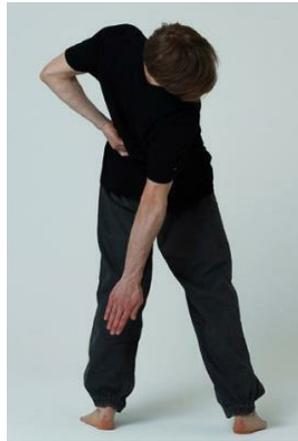


Fig. 17

Put your legs wider than your shoulders. Put your palms on your waist. Bend back. Twisting the spine, stretch alternately with your hands to the opposite heels, as shown on Fig. 17. Straighten up.

Exercise 6



Fig. 18

Lean your torso over, resting on your hips and lower legs. Without bending knees, place your palms on the floor. Without lifting your heels off the floor, “walk” with your palms forward a bit, to the position where the arms and back form a straight line. Bend in the lower back, stretching the legs and shoulders, Fig. 18. “Go” on your hands back. Leaning on your legs and hips, return your body to the starting position.

Exercise 7



Fig. 19

Take a "rider's pose": sit on your legs wide apart; feet and legs parallel to each other; hips parallel to the floor; body vertically. Put your palms on your knees. Roll from side to side, alternately straightening the legs at the knees, Fig. 19.

Exercise 8



Fig. 20



Fig. 21

From the previous position, turn to one side, finding yourself in the “dragon pose”: one leg in front is bent at the knee at right angles, the other is extended at the back at half-fingers; the opposite arm rests on the front thigh. Leaning back, twist the spine in one, and then the other side, Fig. 20, 21. Repeat the movement, turning in the opposite direction. Straighten up.

Exercise 9



Fig. 22

Stand straight. Put your feet shoulder width apart. Get one hand behind your head, and the other, leaning sideways reach the floor, stretching your right side and neck, Fig. 22. Repeat the movement in the other direction.

Exercise 10



Fig. 23

Put your legs wider than your shoulders. Lean forward, resting your hands on your hips and lower legs and stretching your spine. Twisting the torso, place the palm of one hand on the opposite foot. Continuing twisting torso, look at the other hand, raised vertically, Fig. 23. Do the same in the other direction. Straighten up, leaning on your legs and hips.

Exercise 11



Fig. 24

With your legs wider than your shoulders, squat down, put your hands together and stretch your elbows, head and tailbone to the floor, stretching the area of the sacrum and lower back, Fig. 24. Straighten up.

Exercise 12



Fig. 25

Perform "semi-plow" pose: lie on your back; bend your knees, pull them to your stomach and, without bending your legs, raise your pelvis with your hands, Fig. 25.

After completing the set of exercises, relax for 5 - 10 minutes sitting in a chair or lying on the floor.

Chapter 5. Set of exercises “Achieving calmness and peace”

This set of exercises balances the psycho-emotional sphere; frees attention from obsessive concentration on problems; creates a state of calm and peace; allows you to soberly see the world around and act adequately and your body begins to function in harmony with the rhythms of the mother nature.

Exercise 1



Fig. 26

Stand straight, feet shoulder width apart. Raise your hands in the "lock" palms out. Stretch up, as shown on Fig. 26.

Exercise 2



Fig. 27

Put your hands behind your back and connect your fingers into the "lock". Lean down, lowering your arms as low as possible and further behind your head, as shown on Fig. 27, then straighten up.

Exercise 3



Fig. 28

Put your arms behind your back: one on top, one on the bottom, and snap your fingers together, Fig. 28. In this position, rotate the upper body to one side and the other. Do the same, changing hands.

Exercise 4



Fig. 29



Fig. 30

Extend your arms and, crossing your wrists, twist your fingers into the “lock”. Keeping the “lock”, turn your hands on yourself and back, Fig. 29, 30. Change hands and repeat exercise.

Exercise 5



Fig. 31

Stand facing the wall, feet shoulder width apart. Pull up hands in the "castle" palms out. Place them against the wall. Leaning forward, pull your head down, bending in the chest area and stretching the shoulder joints, Fig. 31. Straighten up.

Exercise 6



Fig. 32



Fig. 33

Put one palm on the wall at the shoulder level with your fingers down. Straighten your hand. Turning your back against the wall, stretch the shoulder joint, Fig. 32, 33. Do the same with the other hand.

Exercise 7



Fig. 34

Turn your back against the wall. Raise your arms above your head and while bending, place both palms on the wall with your fingers down, Fig. 34. Continue to bend, stretching your wrist joints, shoulders, and chest.

Exercise 8



Fig. 35



Fig. 36

Put your feet shoulder width apart. Leaning on your hips and lower legs, bend forward. Place your palms on the floor. Leaning on them, "march", alternately bending and unbending knees and stretching the hamstrings. Don't take your heels off ground. Then "walk" forward with your hands to the "face down" position. Make push outs three times, Fig. 35, 36. Return to starting position.

Exercise 9



Fig. 37

Squat down on full foot. Put your palms on the floor just in front of you. Leaning on them, stretch one leg to the side. Continuing to lean on your hands, roll in each direction, keeping your pelvis as low as possible, Fig. 37.

Exercise 10



Fig. 38

Stand straight. Keep your hands apart. Stretch your leg forward. Keeping balance, lift the leg in parallel to the floor, Fig. 38. Repeat the same with the other leg.

Exercise 11



Fig. 39

Perform the “swallow” pose: stand straight, spread your arms to the sides and, leaning forward, take your foot back parallel to the floor, Fig. 39. Repeat the same with the other leg.

Exercise 12



Fig. 40

Stand straight. Lift your leg to the side parallel to the floor, Fig. 40. Repeat the same with the other leg.

Chapter 6. Set of exercises for “Strengthening stamina”

This set of exercises promotes the development of the power of intent and willpower; helps activate physical and mental strength; forms endurance and stability in stressful situations; invulnerability and vitality increase in the body.

Exercise 1



Fig. 41

Stand straight. Put your feet shoulder width apart. Stretch your arms out in the “lock” with your palms out. Reach out. Slowly sit down on half-fingers, Fig. 41. Get up. Then repeat the same exercise on a full foot without lifting your heels off the floor. Keep your head straight, Fig. 42.



Fig. 42

Exercise 2



Fig. 43



Fig. 44

Lift one leg forward. On the other, sit down as far as your muscles allow, Fig. 43. Get up. Do the same exercise with the other leg. Then stretch your leg back. Sit down slowly on the other, Fig. 44. Get up. Do the same with the other leg.

Exercise 3



Fig. 45



Fig. 46

Stand straight. Place the ankle of one leg on the front of the thigh of the other leg. Lean forward to your straight leg and place your palms on the floor, Fig. 45, 46. Get up. Do the same exercise with the other leg.

Exercise 4



Fig. 47

Stand on the outside of the feet and connect the soles. Lean down and rest your hands on the floor. Without separating the feet and spreading your knees to the sides, sit down. Get up without separating your feet, Fig. 47.

Exercise 5



Fig. 48

Tilt your torso back and put your hands on the floor. Without separating the feet and spreading your knees to the sides, sit down and then sit in the “butterfly” pose: feet together, knees apart. Get up, resting your hands on the floor and not separating the feet.

Exercise 6



Fig. 49

Place your legs wider than your shoulders. Connect your knees. Leaning on the inner surface of the feet, sit down and rise, Fig. 49.

Exercise 7



Fig. 50



Fig. 51

Put your feet together. Squat down. Leaning your hands on the floor, perform stops alternately with the stops from half-fingers to the back of the foot and back, Fig. 50, 51. Get up.

Exercise 8



Fig. 52

Get on all fours. Raise your straight leg and opposite arm. Lower it, Fig. 52. Raise the other leg and arm.

Exercise 9



Fig. 53

Take the “face down” position. Raise your straight leg and opposite arm. Lower it, Fig. 53. Lift up and lower the other leg and arm.

Exercise 10



Fig. 54

Sit on the floor. Bend your legs at the knees. Put your hands and feet on the floor. Raise your torso with your stomach up to a horizontal position. Stretch up leg and opposite arm. Put your hand and foot back on the floor. Raise the other leg and arm. Lower it, Fig. 54.

Chapter 7. Set of exercises "The awakening of courage"

This set of exercises transforms fears, doubts and inferiority; develops courage, confidence and determination; relieves anxiety and depression; increases self-esteem, helps to achieve goals.

Exercise 1



Fig. 55

Stand straight, feet shoulder width apart. Pull up your hands in the "lock" with palms out. Reach your whole body to your arms, stretching out each vertebra, Fig. 55.

Exercise 2



Fig. 56

Lean over and place your palms on the floor and, without bending your knees, walk forward with your hands to the “stop” position with face down. Raise one leg as high as possible. Lower it, Fig. 56. Lift the other leg. Lower it.

Exercise 3



Fig. 57



Fig. 58

Turn on your side. Leaning on one leg and arm, raise your free arm and leg. Lower it, Fig. 57. Then turn to the other side. Leaning on your leg and arm, raise your free leg and arm. Lower it, Fig. 58.

Exercise 4



Fig. 59

Turn to face-up "stop" position. Laying on your heels and straightened arms, lift one leg up. Lower it, Fig. 59. Lift the other leg. Lower it.

Now, turn to face-down "stop" position and repeat exercises 2, 5, 4, 3, and 2, rotating in the opposite direction.

Exercise 5



Fig. 60

Take a “goat pose”: squat down, place your palms on the floor shoulder width apart; bend your arms at the elbows; rest your knees on your shoulders, and then, while maintaining balance, carefully transfer the weight of the body to your hands and tear off your feet from the floor, Fig. 60. Slowly return to starting position.

Exercise 6



Fig. 61

Take the "frog pose": move your shoulders under your knees; palms put next to the feet outside; resting his shoulders on the hips and maintaining balance, tear off the feet from the floor, Fig. 61. Return to starting position.

After finishing this set of exercises relax in a chair for 5-10 minutes.

Chapter 8. Set of exercises "Increasing vitality and energy"

Increases joy and vigor; causes a surge of new strength; expands the possibilities for the transition to a new level of being.

Exercise 1



Fig. 62



Fig. 63

Take the “student pose” on the floor in, Fig. 62. Pull one leg forward. Lean toward your outstretched leg, Fig. 63. Get up.

Exercise 2



Fig. 64

Helping yourself with your hands, lower your back, pressing the knee of the bent leg to the floor, Fig. 64. Get up.

Exercise 3



Fig. 65

Lean toward your elongated and then bent leg, Fig. 65. Perform exercises 1, 2, and 3 on the other leg.

Exercise 4



Fig. 66



Fig. 67

Take the “fan pose”: sit down and spread your legs apart to the maximum. Lean toward one leg, the other leg, and in the middle, Fig. 66. Then connect the legs. Lean to your straight legs, Fig. 67. Straighten up.

Exercise 5



Fig. 68



Fig. 69

Sit in the "student pose", as on Fig. 62. Extend your knees wide and join your big toes. Leaning on your hands, without lifting your knees from the floor but stretching your hips, lower your torso back, Fig. 68. Get up. Without lifting your buttocks from your heels, lean forward, Fig. 69. Straighten up.

Exercise 6



Fig. 70



Fig. 71

From the previous position, spread the legs and feet. Sit between the legs on the floor. Leaning on your hands, lower your torso back, as on Fig. 70, with lifting your knees from the floor but stretching your hips. Get up. Without lifting your buttocks off the floor, lean forward, Fig. 71. Straighten up.

Exercise 7



Fig. 72



Fig. 73

From the previous position, connect the knees, shins and feet. Leaning on your hands, lower your torso back without lifting the knee from the floor, as on Fig. 72, but stretching the hips. Straighten up. Lean forward without lifting your buttocks from your heels, Fig. 73. Get up.

Exercise 8



Fig. 74

Put your legs wider than your shoulders. Squat down. Put your hands together with your elbows in your fingers. Stretch your elbows, head and tailbone to the floor, rounding the spine and stretching the area of the sacrum and lower back, Fig. 74. Straighten up.

Exercise 9



Fig. 75

Sit on the floor in the “butterfly pose”: spread the bended knees to the sides, and connect the feet. Pull your feet as close as possible. Wave with “wings”: stretching the inner surface of the hips, raise and lower the bent knees, Fig. 75. Keep your back straight.

Exercise 10



Fig. 76

From the previous position, accept the “shell pose”: move your closed feet away from the body; bring your hands under the legs and grab the feet; press the crown to the feet, Fig. 76. Stretch your spine and lower back.

Chapter 9. Set of exercises "Return of youth"

It includes the reverse course of time in the body; strengthens and accelerates tissue regeneration; promotes the development of not only physical, but also mental flexibility; develops a heart center and increases the power of charm.

Exercise 1



Fig. 77



Fig. 78

Take the "locust pose": lying on your stomach, place your hands under the hips, palms up. Raise your straight leg as high as possible. Lower it. Raise the other leg and lower, Fig. 77. Lift the two legs together and lower them, Fig. 78.

Exercise 2



Fig. 79

Pull your arms forward and bending your torso raise your head, chest, arms, legs and hips as high as possible, Fig. 79. Return to starting position.

Exercise 3



Fig. 80

Take the “boat pose”: bend your knees, grab them by the ankles with your hands and bend, raising your head, chest, hips and feet high, Fig. 80. Return to starting position.

Exercise 4



Fig. 81



Fig. 82

Perform a "snake pose": rest your palms on the floor at shoulder level. Raise your head, chest and abdomen one after another. Bend back without lifting your hips off the floor. Turn your head and shoulders to one side and look at the opposite heel. Then turn the other way. Turn your head and shoulders straight, and then lower your stomach, chest, and head to the floor, Fig. 81, 82.

Exercise 5



Fig. 83

From the previous position, perform the “cobra pose”: open your knees and bend your legs, connecting the big toes; leaning on your palms and keeping your abdomen and hips off the floor, slowly bend down and stretch your head toward your feet, Fig. 83. Slowly return to the starting position.

Exercise 6



Fig. 84

Repeat the previous movement, only resting on the palms and knees. Stretching your neck, thighs and abdominal muscles as much as possible, stretch your head to the feet, Fig. 83. Slowly return to the starting position.

Exercise 7



Fig. 84



Fig. 85

Get on all fours. Perform the “cat” movement: bend your back up, then pull the body back, sitting on your shins, Fig. 84; from this position, “slip” your chest forward close to the floor, like a cat crawling under a fence; “emerging from the fence”, bend back, resting on your hands, knees and socks, Fig. 85. Return to the starting position along the path taken and bend your back up.

Exercise 8



Fig. 86

Lie on your back, stretch your arms with your palms down along the body. Rest your heels and shoulder blades on the floor. Caving in spine, make an arc, Fig. 86. Get down.

Exercise 9



Fig. 87

From the previous position, bend your knees and place them on your feet. Hands grip the ankles. Leaning on the feet and shoulder blades, bend the torso, lifting the pelvis high, Fig. 87. Get down without letting go of your hands.

Exercise 10



Fig. 88



Fig. 89

From the previous position, without changing the position of the legs, place your palms behind the head at the shoulders. Leaning on bent arms, crown and feet, bend the in the spine. Then straighten your arms and perform the bridge pose. Sit down gently on the floor. Straighten your legs; put your hands freely along the body. Lie on your back for 1 minute. Turn on your side and slowly rise, helping yourself with your hands, Fig. 88, 89.

Chapter 10. Set of exercises “For success and luck”

This set promotes the implementation of positive plans and intentions; provides easier passage in society and the successful solution of business and creative affairs.

Exercise 1



Fig. 90



Fig. 91

Take the “fan pose”: sitting on the floor, spread your straight legs wide apart. Lean alternately to each leg and in the middle. Put your legs together and lean towards your straight legs, Fig. 90, 91. Straighten up.

Exercise 2



Fig. 92

From the previous position, take the "butterfly pose". Holding hands with your feet, rest your elbows on your knees and stretch your belly to your feet, unfolding your hips and pressing your knees to the floor. Repeat the "fan pose".

Exercise 3



Fig. 93



Fig. 94



Fig. 95

Perform a “semi-plow” pose (Fig. 25). Smoothly switch to the “birch pose”: pull out legs up. Go to the “plow pose”: place straight legs behind your head and place your toes on the floor, Fig. 95. Return to the “supine” position.

Exercise 4



Fig. 96



Fig. 97



Fig. 98

Take the "student pose." Pull one leg as far back as possible. Bend it at the knee and grab the foot with the opposite hand. Pull the foot to the buttocks, pull the thigh to the floor, and keep the body upright. Change your hand and, bending backward, pull the foot to the head, Fig. 96-98. Do the same with the other leg.

Exercise 5



Fig. 99



Fig. 100

Get on your knees. Put one foot in front of you and the other stretch back, Fig. 99. Leaning the loose palm on the floor, then repeat the movements, as in the previous exercise, Fig. 100.

Exercise 6



Fig. 101

Take of the “student pose” position and stretch one leg to the side. Pull the foot towards you. With your hands resting on the floor, stretch the inside of your thigh, Fig. 101. Return to the student's pose. Repeat the movement with the other leg.

Exercise 7



Fig. 102

From the “student pose”, perform the “child” movement: leaning on your hands, stand on widely set knees and lower legs. In this position, move forward and backward, Fig. 102.

Exercise 8



Fig. 103

Take the “transverse twine” pose: squat down, put your hands on the floor and spread your straight legs wide apart, as shown on Fig. 103.

Exercise 9



Fig. 104

Gently turning to the side, go to “longitudinal twine”: one leg in front and the other in the back, Fig. 104. From the "transverse twine" pose, go to the "longitudinal twine" but with the other leg. Return to the "transverse twine" and carefully put the legs together, Fig. 103.

Exercise 10



Fig. 105



Fig. 106

Perform the “fan” movement, Fig. 105 and then a "semi-plow" movement, Fig. 106.

Conclusion

Movements and postures are designed so that you can independently compose the necessary set of exercises for yourself to develop and strengthen your desired quality or condition, for example, "health", "beauty", "lightness", as well as to accelerate the achievement of your plan. Move slowly, smoothly and continuously, as if dancing. Hold each pose for several seconds and after that, also gradually return to the starting position. Remember that before starting your dance it is important to tune in to the quality you need. For example, say the name of the selected quality and feel it, and then save this state when performing movements. After completing chosen exercises, thank God for helping you. The sets of exercises presented in the book increases stretching, coordination, gives lightness, joy and youth, harmonizes all areas of the body and heals the body as a whole.

About Author



Samuel Greenberg, writer, teacher, educator, researcher and practitioner with interests in astrology, NLP, psychology, human health by natural methods and other fields.

For questions and contacts, please use e-mail: samlost100@gmail.com
I will glad to answer your questions and use them in my upcoming books.