

To wake up softly and lubricate the joints

Inspired from Moshe Feldenkrais, Jean Houston and Robert Masters.

- 1 Set the alarm so that you have at least five minutes for this program. You can have two alarms: one that wakes you up and one that tells you it's time to get up. If you miss a morning, go back to bed and do the program quickly. But DO it. These movements should feel soft and pleasant. If you have an injury somewhere, only do what feels good.
- 2 Lie on your back and stretch.
- 3 Think how nice it will be to do the movements and then get up to this exciting day. Or quiet day or normal day or
- 4 Push away the head pillow. Roll your head from side to side three times. Inhale as the head goes from an extreme position until the nose points up to the ceiling. Exhale as the head rolls from the center position outwards. Breathe at a normal rate. This movement is also nice to do in the evening when you are going to sleep. Then feel that the chin moves a little more than the head does. Enjoy that feeling when the jaw muscles are soft.
- 5 Make circles with the big toes so that the ankles are softened. Clockwise and counter-clockwise three turns each.
- 6 Turn the legs so that the feet point towards each other and away from each other, so that the hip joints soften Three times
- 7 Press the feet so they point down away from the head and up towards the head. Be sure to breathe out when you push your feet up and down. Three times.
- 8 First turn the foot outwards and pull the foot towards the body. The knee is always close to the bed.
- 9 Feel that the body twists a little.
- 10 Raise the knee towards the ceiling. Bend the knee back to the side. Feel the body sway. Bring your foot back so that you are lying straight again. Do three times with each leg.
- 11 Stand with both knees straight up towards the ceiling. Roll the knees from side to side to soften the spine. Three times.
- 12 Bend the back three times. Imagine you are lying on a large clock dial. At 12 o'clock is the contact point when you have bent the back upwards, i.e. a point approximately at the middle of the back. 6 is then at the bottom under the butt. 9 is under your right side and 3 is under your left side. Roll the pelvic bone so that the contact point on the clock goes from 12 to 3 to 6 and to 9. Roll in this direction three times. Roll counterclockwise three times. Experience only the contact point on the dial. This movement is called the pelvic clock.
- 13 Roll over the side where you get out of the bed. Let the lower arm go up under the head. The upper arm ends up in front of the belly.
- 14 Raise yourself up with arm strength. Let your head be HEAVY until you sit up in bed.
- 15 Rise with the thoughts that are good for you this day.
- 16 Stand still for a while and feel that you have weight under the entire sole of your feet. Let the knees be soft and bent slightly forward. Always avoid locked knees.
- 17 Roll on your shoulders. Feel how you press the shoulder blades back. Three times.
- 18 Slide the face forward and backward. Keep your face vertical at all times. Stay in the most comfortable position.
- 19 Check that you are standing with a straight body. The following points should lie on the vertical line: the arch of the foot, the hip joint, the shoulder and the ear.