



1. **Windmill.** Stand with feet slightly wider than shoulder's width apart. Bring the arms straight out to the sides parallel to the ground, palms down. Bend forward from the waist, twist toward the left, bringing the right hand to the foot and the left hand straight up in back. Continue moving up and down for **1 minute**, in a rhythm of about **10 seconds per cycle**. Then switch to the opposite hand and foot and repeat for **1 minute**.

2. Continue the same motion but alternating sides and pausing for **5 seconds** as the hand touches the foot. **3 minutes**.

3. Continue the same alternating motion, but pause for **25 seconds** as the hand touches each foot. **2 minutes**.

4. Hold position touching the foot for **2 minutes** on each side.

5. *Relax 2 - 3 minutes.*



6. **Side Bends.** Come standing up, with legs wide apart, arms parallel to the floor and palms down, bend to the side from the waist, letting right arm come down the right side as the left arm comes up. Keep the spine vertical. Come back to original position, stretch down the left side and then return to the original position, **6 seconds per side**. Continue for **1 minute**.



7. **Standing Torso Twists.** Start in the position of the previous exercise. Twist the torso and arms all the way to the right, back to the original position, then twist on around to the left and finally back to the centre, always keeping the arms in a straight line with each other, 2 - 3 seconds per complete cycle. Continue for **1 minute**.

8. *Relax for 10 minutes.*



*Comment: These exercises work on the bowel system. Normally when one is becoming sick, the bowel movements serve as an indicator. It is suggested to do these exercises for 30 minutes a day for good health.*