A GUIDED PRACTICE WITH DR. DHARMA

Move, Breathe, and Settle In



Dr. Dharma, from the video

About twenty-eight minutes. Mostly seated, with a few minutes on your feet.

There are no opening words in this one. Dr. Dharma says it is “action-oriented” and starts moving in the first ten seconds. The second half is a quiet meditation.

Watch the video

1. **Spinal flex** at the start, about 4 minutes
   Sit tall with your hands on your knees. Rock your spine forward as you breathe in and back as you breathe out. Between rounds he has you take a deep breath and hold it for a moment.

2. **Three slow breaths** at 4:45
   Fill the belly, then the ribs, then the top of the chest. Hold for a moment and let go.

3. **Shoulder shrugs** at 5:30
   Up as you breathe in, down as you breathe out. He counts in tens and picks up the pace.

4. **Arms above the head** at 7:30, about 2 minutes
   A quick arm movement above your head, done with the breath. Follow him closely on this one. He finishes by tightening both arms like a strongman.

5. **On your feet** at 9:50, about 4 minutes
   Run in place, as gently or as briskly as suits you. He adds a few punches. Keep your chair within reach, and sit back down when he does.

The meditation: Sa Ta Na Ma, twelve minutes at about 13:45

Sit tall with your hands resting on your knees. With each sound, touch your thumb to one fingertip.

Sa index finger **Ta** middle finger **Na** ring finger **Ma** little finger

He leads it in five parts. **2 minutes** aloud. **2 minutes** in a whisper. **4 minutes** silently. **2 minutes** in a whisper. **2 minutes** aloud. As you go, picture each sound coming in through the top of your head and out through your forehead. If your mind wanders, come back to the sound and the fingers.

6. **Close** at 26:20
   After the meditation, a deep breath held, arms up, shake them out and sweep them down.

Three things he says as he teaches

- **Do not over-breathe.** Keep the breath easy. If you feel dizzy, stop and breathe normally.
- **Go at your own pace.** He says more than once to slow down if you need to.
- **A chair is fine.** Sit tall, feet flat on the floor.

“You just do what’s best for you.”

Dr. Dharma, in this video

Next practice: Wake Up to Wellness

His full morning series, about 40 minutes.

The Four Foundations of a Sharp Mind

His free guide to four daily habits, with a one-week checklist.

All four practices

Watch any of them, any time, at drdharma.com.



What Dr. Dharma takes every morning

Brain Caps and Memory Caps, together. He has taken them every day since 2002. That pair is the Core Regimen. $79.95 a month, ships free, with a free bottle of Inner Healing in your first box. You have 60 days to decide, and the guarantee honors an empty bottle.

See the Core Regimen or call (800) 651-5650. A person answers, Monday to Friday, 9 to 5 Pacific.

Dharma Singh Khalsa, M.D. Board-certified anesthesiologist. Chief resident at UC San Francisco. Author of *Brain Longevity*, *Meditation as Medicine* and *Food as Medicine*. Questions? Write to info@drdharma.com or visit drdharma.com.

This practice is not a substitute for the advice of your doctor. Talk with your physician before starting any new movement or breathing practice, and stop if anything hurts. The statements about Dr. Dharma’s formulas have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.