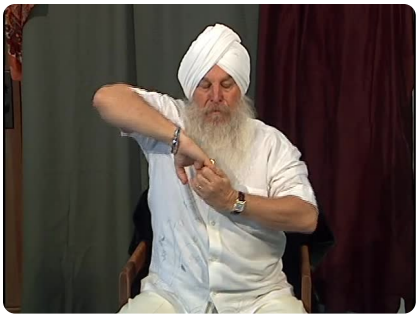
A GUIDED PRACTICE WITH DR. DHARMA

Wake Up to Wellness

About forty minutes. A chair is fine for all of it.

This is the Basic Spinal Energy Series, followed by a twelve-minute meditation. Dr. Dharma shows each move from a chair, so that is how it is written here.



Dr. Dharma, from the video

Watch the video

1. **Tune in** at the start
   Hands together at the chest, eyes closed. He chants *Ong Namo Guru Dev Namo*, then leads a few slow breaths.

2. **Spinal flex** at 3:20
   Sit tall. Rock your chest forward as you breathe in and back as you breathe out. Keep your head level and your eyes closed.

3. **Flex with hands on hips** at 5:20
   The same rocking, with your hands on your hips.

4. **Twist** at 6:55
   Hands on your shoulders. Breathe in as you turn left, out as you turn right. He says to imagine someone calling your name over each shoulder.

5. **Bear grip at the chest** at 8:35
   Hook the fingers of both hands together in front of your chest. See-saw your elbows up and down with the breath. To finish, breathe in and pull your hands against each other without letting go.

6. **Flex with straight arms** at 10:40
   Hands on your knees, elbows straight. Flex the middle of your spine with the breath.

7. **Shoulder shrugs** at 12:45
   Up as you breathe in, down as you breathe out. To finish, breathe in, lift your shoulders and hold for fifteen seconds.

8. **Neck rolls** at 14:50
   Slowly one way, then the other. Go gently, and ease off at any sore spot.

9. **Bear grip at the throat** at 16:35
   The same grip, at throat height. Breathe in and raise your hands above your head, then bring them down and pull without letting go. Three times.

10. **Sat Kriya** at 17:50
    Arms straight overhead, fingers interlocked, index fingers pointing up. Say *Sat* as you draw your navel in and *Nam* as you release. A second teacher shows it sitting on the heels. He says a chair is fine.

The meditation: Sa Ta Na Ma, twelve minutes at 24:25

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.

11 **Close** at 37:35

A deep breath held, then stretch your arms up and let go.

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.

"Relax the jaw, open the heart, really sing."

Dr. Dharma, in this video

Next practice: Brain Energy Practice
For the mornings you have twelve minutes and no more.

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.