

# Harmonic Movement

A collection of stretches for balancing and releasing from Yoga, Chi Kung, Do-In, Polarity, Orthobionomy, Alexander Technique, Trager, Brain Gym, Feldenkrais, ElectroMagnetic Field Balancing, Energy Healing, and Reiki

## 1. Intro

- Three Taps
- Vertical and Horizontal Alignment
- Heaven and Earth Stretch
- Stretch Back/Swing Down
- Chi Kung Hip Pivot
- Squat
- Hook Up
- Moon Pose

## 2. Legs

- Sitting/Fig. 4 Stretch
- Lying/Leg Stretch
- Alexander Roll Over
- Pigeon

## 3. Sacrum and Spine

- Rubbing/Slapping
- Clock Movement
- Side-lying/Shoulder/Hip Opening
- Side-lying/Spine Stretch
- Clock Movement

## 4. Spine

- Rock and Roll
- Cat/Cow
- Opp Leg/Arm Stretch
- Downward Dog/Calf Stretches
- Child's Pose

## 5. Shoulders

- Drum Neck/Shoulders/Arms
- Arm/Shoulder Stretches
- Wrist Stretch thru Arms
- Hands
- Spinal Twist

## 6. Head

- Neck Rolls
- Pull Hair
- Drum Head
- Massage Base of Skull
- Squeeze Neck
- Forehead Press
- Squeeze Eyebrows
- Hold Oh-my-God Points
- Eyes
- Drum Cheekbones/Jaws

- Finger Magnets Cheekbones/Jaws
- Ears Openers
- Drum Legs
- Shake and Massage Feet
- Hold Wellspring Points

## 7. Finishing

- **Crown:** Clear, Balance and Stabilize. Fill brain, endocrine and central nervous systems and crown with golden and platinum light. *"May I be filled with Divine light."*
- **3rd Eye:** Clear, Balance and Stabilize. Balance front and back of body, sympathetic and parasympathetic nervous systems, and reptilian brain with frontal. Clear and refine psychic energies. Fill with golden and platinum energies. *"May I be filled with the wisdom of my soul."*
- **Throat:** Clear, Balance and Stabilize. Balance giving and receiving, speaking and listening, all dualities. Fill with golden and platinum energies. *"May I speak my truth without judgment or blame."*
- **Heart:** Clear, Balance and Stabilize. Express appreciation. Fill with golden and platinum energies. *"May I receive the energy of the beloved."*
- **Solar Plexus:** Clear, Balance and Stabilize. Balance solar plexus with 3rd eye, personal with Transpersonal Self. Fill with golden and platinum energies. *"May I know my soul's worth."*
- **Sexual/creative:** Clear, Balance and Stabilize. Clear and refine all ancestral energies, all sexual/creative energies. Clear all projections on me, all hooks and cords. Fill with golden and platinum energies. *"May I be created in service to my Divine Purpose."*
- **Root:** Clear, Balance and Stabilize. Clear and refine all cultural, racial and tribal energies. Clear and refine Kundalini energies and allow to rise through spine to brain. Fill with golden and platinum energies. *"May I receive the nurturing of Mother Earth."*