



Healthy Bowel System

10 Exercises 25 min - 26 min *I am a Woman - Creative, Sacred, Invincible*

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

1. Windmill

Comments: *Instruct students to keep head neutral in the forward bend. The head does not turn to look at the upper hand.*

Windmill (1 min)

1. Stand with feet slightly wider than shoulder width apart.
2. Bring the arms straight out to the sides parallel to ground, palms down.
3. Twist to the left and then bend forward from the waist, bringing the right hand to the left foot and the left arm straight up in back.
4. Reverse the motion as you come up.
5. Continue moving up and down in a rhythm of about 10 seconds per cycle.



2. Switch

Switch (1 min)

1. Then switch to the opposite hand and foot and repeat.



3. Alternate Sides

Alternate Sides (3 min)

1. Continue the same motion but alternating sides and pausing for 5 seconds as the hand touches the foot.



4. Alternate with Pause

Alternate with Pause (2 min)

1. Continue the same alternating motion, but pause for 25 seconds as the hand touches each foot.



5. Hold Left

Hold Left (2 min)

1. Hold position touching the foot on left side.



6. Hold Right

Hold Right (2 min)

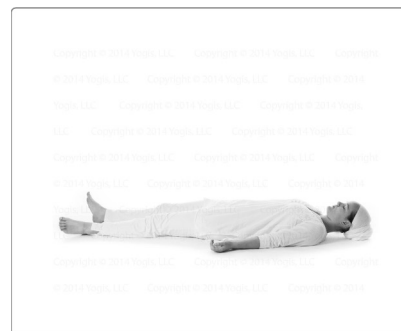
1. Hold position touching the foot on right side.



7. Relaxation

Relaxation (2 min to 3 min)

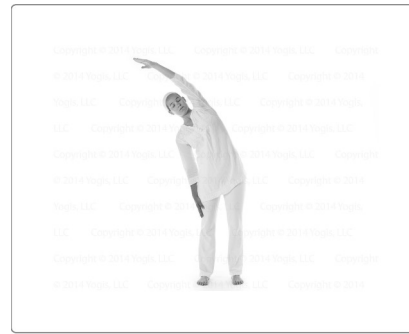
1. Relax.



8. Side Bends

Side Bends (1 min)

1. Come standing up, with legs hip width apart, arms parallel to floor and palms down.
2. Bend to the side from the waist, letting the left arm come down the left side as the right arm comes up. Keep the right arm straight.
3. Come back to original position.
4. Then stretch down to the right side and return to original position.
5. 6 seconds per side.



9. Standing Torso Twists

Standing Torso Twists (1 min)

1. Start in the position of the previous exercise.
2. Inhale as you twist the torso and arms all the way to the left, exhale back to original position, then inhale as you twist on around to the right and exhale back to the center always keeping the arms in a straight line with each other.
3. 2 to 3 seconds per complete cycle.



10. Deep Relaxation

Deep Relaxation (10 min)

1. Relax.



