

When you wake, take some good deep breaths and sit up to perform these few immune-enhancing exercises. First rub your hands together to warm them.



## WASH YOUR FACE WITH QI

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Say "Good morning, world!" with this simple movement. Bring your warmed hands up to your face, brushing your hands down the sides and up to your forehead. Some say this movement reduces wrinkles.



## HEAD TAP

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Take the time each morning to awaken your mind as well as your body. Using your fingertips, tap all around the top, sides, and back of your head. Can you feel yourself waking up?



## EARS

Put your hands over your ears, palms down and fingers pointing to the back of the head, fingernails of right and left hands touching.. Click index fingers together hearing the sound in both ears and feeling the vibrations.

## HUM

Place hands on your heart. Take a deep breath in and with mouth closed, sound mmm. Repeat 3 times. Feel your body vibrate. Know that its trillions of cells vibrating and generating this good morning energy. Imagine your whole inner self vibrating a wake up and inner peace.