

1. **Open**
2. **Meditate to calm mind and relax body**
3. **Massage organs**
4. **Spinal flexion and extension**
5. Side bends
6. Spinal rotations
7. Compressions
8. Neck rotations
9. Shoulder rotations
10. Arm lifts
11. Circular push
12. Grabbing and pushing
13. Hand opening and closing
14. Thumb opposing
15. Finger circular squeezing
16. Hand shaking
17. Wrist circling
18. Arm stroking
19. Arm strengthening
20. Massage neck, shoulders, arms
21. Stretch forearms
22. Massage hands
23. Self acupressure
24. Self tuina
25. Leg strengthening
26. Ankle rotations
27. Plantar and dorsal flexion
28. Massage legs
29. Stretch lower back, gluteals, hamstrings
30. Strengthen abs and back
31. Massage
32. **Meditate to regulate**
33. **Close**

Boldfaced items are daily homework activities.

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