Take this pocket guide with you, and use it as a reminder when a DVD player is not available.

GUIDELINES & TIPS

Congratulations! You’re about to experience new levels of health, energy, and relaxation! This routine combines gentle flowing movements drawn from Qi Gong and yoga. While it’s a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

➤ Before doing the 7 Minutes of Magic routine(s), watch the entire DVD all the way through. Lee has broken down each routine step-by-step for you.

➤ Wear comfortable, loose clothing that allows you to move freely.

➤ Don’t exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.

➤ There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, STOP. Remember, this isn’t a competition. Listen to your body!

ALWAYS TALK TO YOUR DOCTOR BEFORE BEGINNING ANY NEW EXERCISE PROGRAM.
Lee’s Sequence of Movements for the AM Routine

Core Flow
1. Lie Down Flat - Deep Abdominal Breathing – Energy & Vitality
2. Hug Knees, Side to Side – Wake up Adrenals
3. Spinal Twist, with Both Legs – Stretch the Spine
5. Hands on Thighs, Knees Bent – Strengthen Abdominals
6. Bicycle Legs – Strengthen Abdominals
7. Hug Knees to Chest – Stretch Low Back

Upper Body Flow
1. Child’s Pose – Stretch Low Back
2. Cobra – Low Back Mobility
3. Child’s Pose – Stretch Low Back
4. Mountain (Downward-Facing Dog) – Strength & Flexibility
5. Cobra to Mountain (Repeat 3x) - Strength & Flexibility
6. Tai Chi Push-Ups – Upper Body Strength

Lower Body Flow
1. Standing Forward Bend – Stretch Hamstrings
2. Lunge – Right Leg – Strength & Energy
3. Standing Forward Bend – Stretch Hamstrings
4. Lunge - Left Leg – Strength & Energy
5. Standing Forward Bend – Stretch Hamstrings
6. Tiger – Leg Strength, Open Hips

Full Body Flow
1. Wide Leg Forward Bend – Stretch Hamstrings, Spine, Abdomen

Energy Flow
1. Knocking on the Door of Life – Energize the Body, Circulation into Low Back
2. Qi Massage – Energize the body

Breath Flow
1. Pulling Up the Earth – Increase Lung Capacity, Energy

Mind Flow
1. Bamboo in the Wind - Focus, Clear Intent, Centering
Lee's Sequence of Movements for the PM Routine

Spinal Flow

Upper Back & Neck Flow
  1. Palms Behind Back – Neck Stretch

Lower Back Flow
  1. Picking Cherries – Elongate Low Back Area
  2. Thumbs Press – Low Back Pressure Points & Mobility
  3. Standing Forward Bend – Hamstring Stretch

Downward Flow
  1. Child’s Pose – Release Tension
  2. Dog Wags Tail – Lateral Spine Mobility
  3. Peacock Looks at Tail – Low Back Mobility, Gluteal Stretch

Seated Flow
  1. Turtle Neck – Open Hips, Elongate Spine
  2. Forward Bend, One Knee Bent – Low Back Stretch (Both Sides)
  3. Qi Foot Massage – Relieve Stress & Sleep Soundly

Lying Flow
  1. Hug Knee to Chest – Clear Tension in Back
  2. Twist to Each Side – Open the Spine, Calm the Nerves
  3. Healing Sound – Joy & Gratitude
Lee’s Sequence of Movements for the 7 Minutes for Health Routine

Designed to be done anytime of the day. (An ideal alternative to the more difficult AM Routine.)

**Deep Abdominal Breathing** – Centering

**Spinal Cord Breathing** – Relax the Nerves, Stretch the Spine

**The Wave** – Spinal Mobility

**Palm Press** – Stretch Neck, Upper Back, Arms

**Bear Swimming** – Opens the Lungs, Chest

**Return to the Mountain** – Relaxation, Tranquility

**Parting the Clouds** – Clearing Negative Energy, Focus

**Centering** – Inner Balance

**Bamboo in the Wind** – Focus, Clear Intent, Centering