



# Light Body Stamina Boost

This exercise will relax and reinvigorate you. It will make you feel stronger as it unifies your relationship between the subtle and physical self by moving more subtle awareness into the bio layer.

1. At the EDGE visualize every single cell in your body filling up with light.

## **First Step-**

2. Palms up - Breath in as you raise your hands up the front of the body all the way over your head while visualizing every single cell in your body plumping up with light, feeling full, juicy, and filled with energy.
3. As your palms reach as far up as they can go- turn them around facing down and exhale as you reverse and bring your hands down the front of your body.  
**Repeat up and down a total of 7 times.**

## **Second Step-**

4. Left to right side swing at the waist- breath in and out evenly  
**Repeat 7 times left to right or 14 times total.**

## **Third Step-**

5. Swing from left to right over head side to side stretch- breath in to left all the way over exhale when you are as far over as you can go to the left. Breath in as you reverse and go the to the right- as far over as you can go to the right exhaling.
6. Breath in to right all the way over exhale and exhale all the way over to the right. Go back the other direction  
**Repeat 7 times on each side for a total of 14 times.**

## **Fourth Step-**

7. Hip circles – breathing evenly and easily-circle to the left then circle to the right  
**Repeat 3 times each direction**

## **Repeat First Step-**

8. One again visualize every single cell in your body filling with light as you repeat the First Step Turn your palms up - Breath in as you bring your hands all the way up at the front of the body over your head. Visualize every single cell in your body plumping up with light, feeling full, juicy and filled with energy.
9. Turn palms down above your head- exhale as you bring your hands down the front of your body
10. Repeat full up and down cycle 3 times.
11. Bring in *Integration and Blending.*