

## TUESDAY September 19, 2017

1. LAUGHING YOGA – your body doesn't know the difference between stimulated laughter or faking through laughter yoga, it has the same positive physiological and neural benefits.

Greeting Laughter, Namaste and shake hands

Ho, Ho. Ha, Ha, Ha Clap 3 XS EACH SIDE and then arms up Yeah

Belly Breathing, expanding rib cage and lungs, initiating the breath from the belly.

Inhale through your nose, arms lift up

Exhale, sigh and arms come down

Add on to the exercise above by breathing in and stretching up the arms and as arms come down, laugh

Argument Laughter, pointing and shaking finger at another person while laughing

Pretend to be on a Cell phone and laugh into your cell phone

HIGH 5 another person but MISS and laugh about it

## 2. BIG LSVT -- Seated or Standing

Arms extended out in front, then bend down, come up and reach out to your sides and Count to 10 – Clap on legs 4xs

Reach out to the side with one hand/arm, then turn and reach the same arm across your body and count to 10 – 3xs each side, alternating sides, clap on legs.

## 2. BIG LSVT – Seated or Standing

Arms reach back, as you step out in front, alternate feet and clap the legs, 2xs each side

Arms reach out to side, step out to side, alternate feet and clap the legs, 2xs each side

Step back, arms back, arms forward as feet come together, Alternate, 2xs each side

Rock front foot to back foot, swing arms big, stay on one side for 8xs and then switch to the other foot forward.

Twist – arm out – 8xs each side Clap thighs in between

## 3. HAND EXERCISES

Improve handwriting, flexibility and mobility  
20 each exercise, shake out the hands and arms  
You can start with 10 repetitions and build to 20

Make a really tight fist, then extend hand out in front and extend palms and fingers—Big V between fingers. (elbows have rotated)

Take each finger and tap it to the thumb – extend fingers in between. Keep going from index, middle, ring, pinky, ring, middle, index, keep going

Wrist- arms extended, hands fingers up then hands fingers down, pulling out the hands out long in each direction

Arms extended out palms up and then twist internally, back of palms facing each other and center line of body.

### 3. HAND EXERCISES

Bend finger and thumb joints, fingers down to top hand pad.  
Then extend the fingers out

Table top – turn fingers into a tabletop then extend up

Try to reach your fingers down to the lowest portion of your palm and then extend the palms out and open.

### 4. VIBROSWING EXERCISES

5. BALANCE: make sure you are in a safe space. Be aware of your posture. Remember that holding the abdominals tight and keeping you head will help you with your balance.

Start by shifting the weight from one foot to the other, centering over the standing leg.

Then shift the weight and begin to pick up one foot, alternate to the other side.

You can make these exercises more difficult by extending the leg out in front, then out to the side. (Try to keep the body as upright as possible when going to the sides)

### 6. VOCAL – UP/DOWN with Alphabet

### 7. BREATHING/MEDITATION EXERCISE TO FINISH

