

7 Minutes of Magic

AM & PM Routines

with Lee Holden

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
4. **Hug Knees, Abdominal Press** – Strengthen Abdominals
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

1. **Spinal Cord Breathing** – Relax Nerves, Stretch Spine

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