

Feel Good with Pino Coppola

Breathing

Breath always during the exercises. „IN“ through the nose and exhale „OUT“ through the mouth.



1. The bird starts to fly.



2. Breath in.

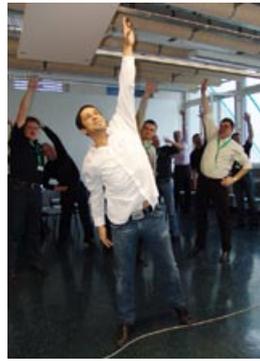


3. Breath out slowly until the lungs are empty.



Bird stretches the wings

1. Breath into the ribs and open the hands. Stretch yourself to the sky and
2. Exhale when your hands are coming down.
5 – 10 x each side.



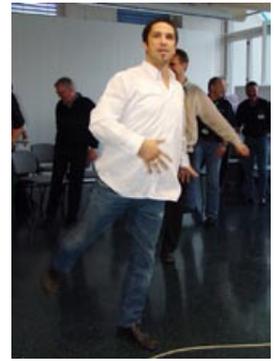
Touch the sun

1. Breath in and out when you drop the hand.
2. Do it several times on the left and right side.



Bird starts to fly

1. Stand on one foot and stretch the hands out and circle the hands and foot 10x to the left and right.
BREATH.
2. Repeat on the left and



Swing the leg

If you put a book under the standing feet, you can relax better the hip.



Jumping 3x and exhale when you land on your feet and relax the shoulders.



Stretching the back

1. Breath in with the nose.



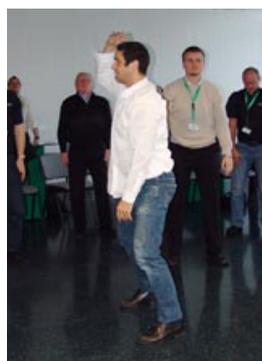
2. Spread the fingers and start now to breath out.



3. Now you have to breath out.



4. Start breathing in slowly and come up in standing position.



5. Bring the head straight up and restart with the exercise by stretching the hands up and breathing in.
Repeat 3 - 5 x slowly with the rhythm of your breathing.



King Kong

1. Breath in and pull up your shoulders and make a fist and hold 3 sec.
Repeat everything 3 x.





Circling the shoulders

Make a big slowly circle with the shoulders and let the breath come in and out naturally. Back and forward.



Massage the foot

1. Hold the ankle and turn the foot slowly left and right.
2. Let follow the hands what it feels good.



Massage the leg

3. Then press with the thumbs on your leg the way you would knead some dough.



4. Hold the knee and pull it back to the body...straight back and breath out.



Office prayer

Press the hands together and hold them with continuous breathing 5 sec., 3 x.



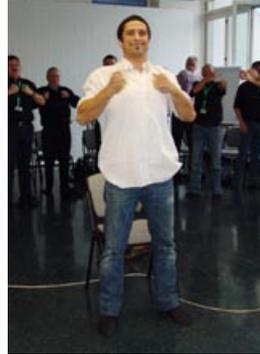
Move apart...



...and bring them back to the shoulders.



Breath in when you look back, change to the other side and breath out.
3 x.



King Kong is awake

1. Make a fist and hit on your chest.
3 x.



2. Hit with the fist inside and out side of your arms. Left and right.



3. Hit your back with a loose fist.



4. Hit yourself with the loose fist from the back to the front and go to the front of the feet and still hitting yourself go up to the head.



5. Massage the ears.



6. Massage the eyes.



King Kong is awake

7. Massage the nose.
8. Glide with your hands all over your body from the head to the toes...and then shake your hands...



...and jump 3x and exhale.

So ready for work... enjoy the day.