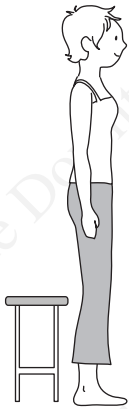
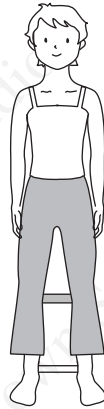


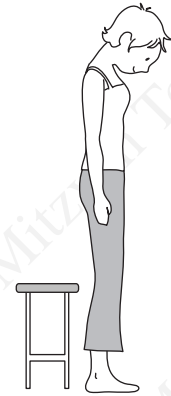
Mitzvah Technique Exercise



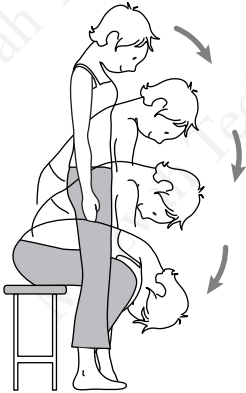
Stand with the back of the legs close to a chair or stool.



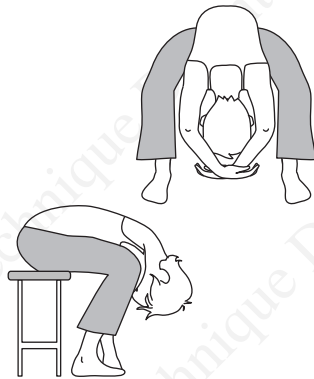
Feet wide apart, toes pointed slightly outward.



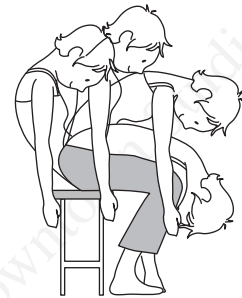
Let the head and neck fall gently by their own weight towards the chest.



Bend the knees in line over the toes. Reach towards the floor and sit at the same time. Remember to keep your head dropped.



Pause for a second or two.



Rock back with your arms to your side.



Keep the back rounded and head dropped.



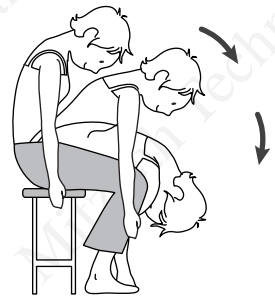
Release the chin slightly, and rock forward to sit up. Allow the chest to be lifted and the head to spring upwards to balance itself on top of the spine.



Pause for ten seconds. Allow deep breathing to take place, avoid putting the chin down.



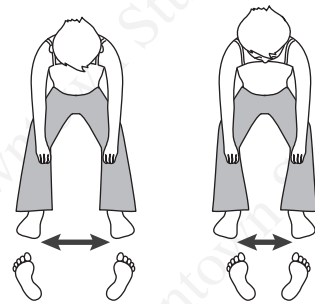
Allow the head to fall gently towards your chest. Round your back and pause for ten seconds. Shoulders should be in line over your hips, not too far forward or back. Try to find a balance on top of your sitting bones.
*Repeat 6 to 10 for a few times.



Keep your head and neck dropped towards your chest, reach your hands between the knees towards the floor. Pause for a second or two.



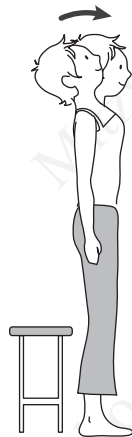
Knees in line over your toes. Stand half way up by pushing the feet against the floor. The weight of the body stays in the center of your feet. Keep your head and neck dropped.



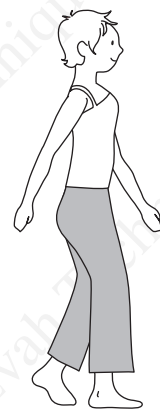
Keeping the knees bent and over your toes, step your feet together. Feet hip distance apart, and slightly turned out, pause for a second or two.



Release the chin from your chest, press center of your feet into the floor, the synchronize your movement as you stand.



Pause for ten seconds and allow deep breathing.



Walk for about one minute to allow more changes to take place.