

# zen



## ZENCHI™

Must Do Daily Sunrise Exercise The Pathway  
to Health and Wellbeing

Zen Resort Bali

October 2018

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# ZENCHI

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Must Do Daily Sunrise Exercise

The Sustainable Pathway to Health and Wellbeing

(Just 27 Minutes, Everyday)

9 minutes Yoga, 9 minutes Pranayama, 9 minutes Meditation

## Foreword

During sleep at night, a lot of physical, psychological and spiritual changes occur, such as lower blood supply through the body, lower brain activity, deep unconsciousness, reduced body temperature and diminished production of hormones especially adrenaline. Zenchi is a 27-minute yoga, pranayama and meditation exercise routine, practiced daily at sunrise, that will get your blood flowing and circulation energized, your breathing efficient to inhale the most oxygen and exhale the most toxins and your meditative focus clear and fortified to mindfully experience peace and harmony and plan your day ahead.

Zenchi in combination with nutritionally healthy and adequate food will contribute improved fitness, getting your metabolism flowing, your body looking and feeling better, sleeping well at night, sharpening your mind and thus making your life more satisfying, enjoyable and productive. You will also find that you are less susceptible to frequent colds, poor digestion, stress and depression. Zenchi will help develop strong self-discipline, promoting your cognitive abilities and this will spill over into other areas of your life such as, for example, eating healthier, balancing your working, resting and thinking time. This will strengthen your will power and discipline for good health and wellbeing.

Devoting just two percent of your time each day to Zenchi is well worth the effort and dedication to empower you to stay healthy, slim and active whilst keeping away the ailments and diseases of modern lifestyles. We take this opportunity to appreciate and heart-fully thank Zen Guests for their sharing their knowledge, experiences and visions for sustainable and healthy living. This has been invaluable in developing the concept and practices of Zenchi

Dr Mahendra Shah

Zen Resort Bali

1<sup>st</sup> October 2018

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# ZENCHI YOGA

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(Total Time 9 Minutes)

Zenchi Yoga at sunrise, when the environment is naturally serene and at peace, will improve blood flow to all parts of the body including the brain and thus increase your concentration power and sharpen the senses. Starting a day with joint movements will be beneficial to eliminate aches and pains in the muscles and joints. There will be an increase of fluid in the joints and spinal discs overnight while the body lies horizontally, a gentle stretching to warm up the body in the morning alleviate joint discomfort, enhance your physical and mental vitality, and can energise you for the day ahead.

Daily habit to practice sunrise Zenchi will require going to bed on time and getting adequate sleep and rest. If you wake up at sunrise feeling energized and balanced then this is indicative of how healthy the food you ate yesterday was. On the other hand, if you wake up feeling bloated, tired or lacking stamina then the food you ate the previous day may not have been healthy for you and perhaps too much. Thus, regular sunrise yoga will also contribute to your health through recognition of the importance of healthy eating. Daily Zenchi Yoga will enhance your physical and mental vitality to energise you for the day ahead.

NOTE: There are a total of 14 Zenchi Yoga exercises. On the first day, please choose any five exercises, and practice each for 2 minutes. On the second day choose another 5 exercises and practice each for 2 minutes. On the third day choose the remaining 4 exercises and practice each for 2 minutes. Repeat this 3-day cycle from the fourth day onwards

## 1. Breathing Exercise

Sit with your spine upright and closed eyes in any meditative posture such as Vajrasana, Padmasana or Sukhasana and hold your hands in the position of Chin mudra or Jyana mudra. Inhale deeply and hold your breath slightly to exhale afterwards. Concentrate on breathing and observe the changes in your abdomen, it has to bulge up when you inhale and shrink while you exhale.



## 2. Neck Exercise

2.1 Bend your neck forward (exhale) and backward (inhale).

2.2 Turn your neck to the right and left side (exhale and in between inhale).

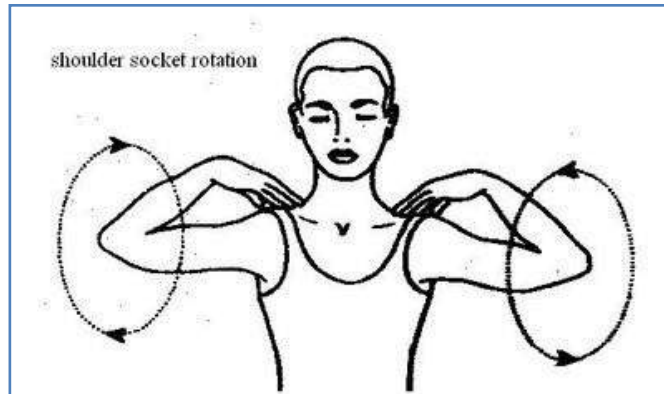


2.3 Rotate your neck clockwise and counter-clockwise (up inhale and down exhale).



### 3. Shoulder Exercise

- 3.1 Put your fingers on your shoulders.
- 3.2 Rotate clockwise and counter-clockwise.



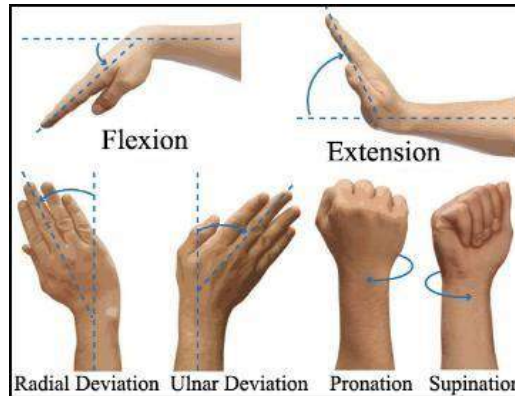
### 4. Arm Exercise

- 4.1 Rotate your entire arms clockwise and counter-clockwise.



## 5. Wrist Exercise

5.1 Bend wrists up and down and sideways.



5.2 Wrists clockwise and counter-clockwise.



5.3 Stretch hands in front, open and close fingers.





## 6. Chest Exercise

- 6.1 Expand your chest by bending your arms in front of your chest and then stretch



sideways.

## 7. Spine Exercise

- 7.1 Keep your legs apart and raise your hands forward. Twist your upper body. To the right side and hold this position a few seconds. Turn your upper body with one movement and in the same position directly to the left.



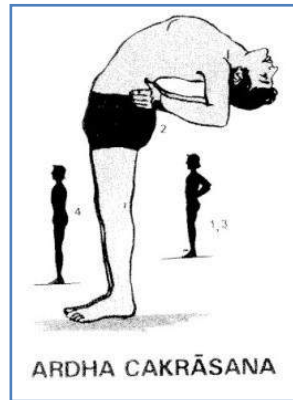
## 8. Waist Exercise

- 8.1 Keep your legs apart and place both hands on each side of your waist. Slowly bend your upper body from your hip sideward from left to right.



## 9. Hip Exercises

9.1 Keep your legs apart and slowly bend your upper body forward. Place your hands on your lower back, and slowly bend your upper body backwards.

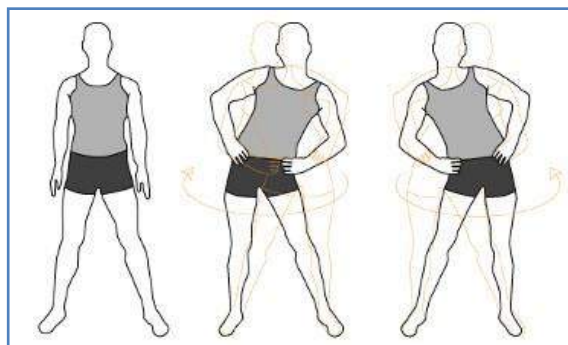


## 10. Back Exercise

10.1 Put your feet apart and stretch your arms forward. Bend forwards and try to touch your toes. Slowly get back straight.



10.2 Stretch your arms forwards again and put your feet a little apart. Place both hands on your hip, and rotate your hips gently clockwise and counter-clockwise.



## 11. Hamstring Stretch

11.1 Shift weight to left leg, flex and extend right knee, repeat the same with the other leg.



## 12. Squats

Legs together extend the hands on the front slowly sit down and up simultaneously.



## 13. Knee Exercise

Put your feet together and put both hands on your knees. Bend slightly forward, and finally, rotate your knees gently clockwise and counter- clockwise.



#### **14. Ankle Exercise**

14.1 Raise your right foot forwards and move your foot up and down.

14.2 Move your foot sideways.

14.3 Rotate your foot in clockwise and counter-clock wise.

14.4 Repeat this exercise in the same movement with your left foot.





# ZENCHI PRANAYAMA

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## (9 Minutes)

### Empowers Effective and Efficient Breathing

Pranayama is a Sanskrit word that consists of ‘prana’ and ‘ayama’. Prana means life forces and ayama means extension. Pranayama may be defined as extension of life force or pranic energy; this is achieved through various yogic techniques and exercises.

Sunrise pranayama in the fresh air is highly recommended because of less pollution and purer oxygen; the right way of breathing removes the impurities of body, the senses and the mind. Thoughts change the rhythm of breath, when a person is stressed, breathing is irregular and interrupted, and when a person is happy, the breathing is slow and rhythmic.

Zenchi Pranayama cultivates your improved breathing awareness and is the most important aspect of sustained health and feeling good. It is a practical technique of deep and slow inhalation and deep and slow exhalation that brings in more oxygen entering our bloodstream, improving all aspects of our health, including blood purification, strengthened lung capacity and increased energy and vitality as well as enhanced mental clarity and inner peace

NOTE: There a total of 4 Zenchi Pranayama exercises. On the first day, please choose any two exercises, and practice each for 4 minutes. On the second day choose the other 2 exercises and practice each for 4 minutes. Repeat this 2-day cycle from the third day onwards

The pranayama exercises as below will empower effective and efficient breathing that will enable maximum oxygen inhalation and maximum toxin and carbon dioxide exhalation. This in combination with your Zenchi Yoga enhances blood flow and circulation; contribute to your fitness, flexibility energy and vitality. For preparation of the breathing exercises, sit in a comfortable meditation posture and relax your inner soul

1. NadiSudhi Pranayama Exercise

- 1.1 Keep your spine upright and your neck and head straight. Close your eyes and relax the muscles of your body. Become aware of your breath.



- 1.2 Stretch your fingers of one hand and bend your index and middle fingers. Place your hand in this position on the palm of the other hand. Place the thumb on one nostril, and the tip of your ring finger against the other nostril.

Use thumb and the tip of your ring finger to your nostrils and inhale and then, block your left nostril with your thumb and exhale with your right nostril. Continue to block your left nostril and inhale using your right nostril. Open your left nostril and cover and block your right nostril simultaneously. Exhale slowly using the left nostril that is open. Inhale with your open left nostril. Close the left nostril and exhale through your right nostril that you open. The above breath exercise is considered as one cycle and should be slow and rhythmic.

- 1.3 Repeat this pranayama exercise six times. As you advance in your practice, you can increase the duration of each cycle and the number of repetitions. The benefits of this pranayama exercise include enhanced physical energy and vitality, mental clarity and increase inner peace and serenity.



## 2. Kabalabathy Kriya Pranayama Exercise

- 2.1 Keep your spine upright and your neck and head straight. Close your eyes and relax the muscles of your body. Inhale slowly and deep, and relax your abdominal muscles. Exhale forcefully. Be aware of your breath while breathing out by fits and starts. The benefits of this pranayama exercise include mental relaxation, building your confidence, rapid relief from tension, anger and anxiety, reduced blood pressure if you suffer from hypertension, relieves any fever you may have, relieves headaches, reduces migraines and improves concentration and memory.

### 3. Bramahari Pranayama Exercise

- 3.1 Sit up straight with a gentle smile on your face and keep your eyes closed. Observe the sensations in your body and be aware of the quietness within.
- 3.2 Place your thumb to the cartilage between your cheek and ear, and your index finger on your eyes. Inhale deeply, and press the cartilage gently by breathing out. Press the cartilage in and out with your fingers while humming like a bee, and then, make a high-pitched sound as high as you are able to, for the best results. Inhale again and continue this pattern. The benefits of this pranayama exercise include mental relaxation, building your confidence, rapid relief from tension, anger and anxiety, reduced blood pressure if you suffer from hypertension, relieves any fever you may have, and improved concentration and memory.



### 4. Sheethali Pranayama Exercise

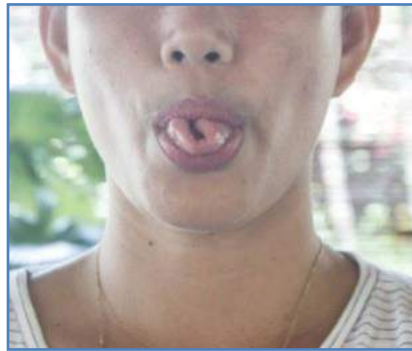
- 4.1 Sit it in a comfortable asana posture with your palms on your knees





4.2 Roll your tongue upwards so that the lower part touches the upper palate, and clench your teeth together. Pull both lips apart so that the teeth are exposed and inhale while you produce a hissing sound similar like a snake.

The benefits of this meditation exercise include enhanced body cooling, body and mind relaxation and improved health of teeth and gums.



#### 5.0 Bhastrika Pranayama with arms movement

Forcefully breathe in as you move your fisted arms straight above your head, ending with open palms; Breathe out forcefully as you move your fisted hands rapidly to shoulder level; Inhale and exhale repeatedly, deeply and thoroughly, using the diaphragmatic muscles with vigour. The abdomen moves out during inhalation, while the diaphragm descends. The converse happens while exhaling. These movements should be slightly exaggerated.

A strong nasal sound will accompany such breathing. The process should be rhythmic and controlled, maintaining the speed as per capacity; Do twenty cycles to complete one round of Bhastrika Pranayama. At end put your palms on your knees and feel the energy. The benefits of this Pranayama exercise include highly energising, charges sluggish metabolism, can help in respiratory disorders, useful asthma, sore throat, sinusitis



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# ZENCHI MEDITATION

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## (9 Minutes)

Mindful Concentration, Meditative Focus and Deep Relaxation

The best time to practice meditation is in the morning at the time of sunrise, when the mind and the body is relaxed and the environment fresh and serene. The rays of the sun and the 'prana' that is present in the air at sunrise facilitate the ideal environment to attain inner peace and harmony.

Zenchi Meditation enhances your concentration, inducing a mode of consciousness towards promoting relaxation, building internal energy, developing compassion, patience, generosity and forgiveness, and inducing a sense of holistic and stress- free living.

Daily Zenchi Meditation practice will expand your calmness and clarity, which in turn will contribute to better concentration, more energy and focus through the day ahead. This will help prioritizing and dealing with the day's tasks, managing your stress better, improving your health and allow you to have a deeper connection to your mind, body and spirituality.

NOTE: There a total of 4 Zenchi Meditation exercises. On the first day, please choose any two exercises, and practice each for 4 minutes. On the second day choose the other 2 exercises and practice each for 2 minutes. Repeat this 2-day cycle from the third day onwards

## 1. Sunrise Meditation Exercise

1. 1.1 Sit in any meditative posture and relax yourself while freeing your mind. Concentrate on your breathing pattern, and prepare your body and mind for meditation. Focus your attention, your entire mind, on the sensation of the breath as it comes in and out of your nostrils. Observe and feel all the sensations as you breathe in and out. During this process a multitude of thoughts will come to fore, whisper that all is well and return to feeling your breath in and out.



Experience the world inside you. Imagine in front of you there is darkness, and between the darkness you see greeneries. Enjoy the beauty of the greeneries. Between the greeneries you see a peaceful sea, and enjoy the soft rippling waves of the sea. Across the sea you see mountains that are covered with snow. Enjoy the mighty mountains. Imagine, a blue glow between the mountains, and a small fireball is rising, the sun. Imagine the slight reddish orange colour of the rising sun. It rises up and up. Slowly the colour will change into yellow. Be aware of the brightness. Cherish yourself in the warmth of the sun and realize how powerful it is. In this process the stress in your system will



begin to rescind and you will experience harmony and serenity. You will feel dramatically relaxed and empowered to make better decisions during the day ahead.

## 2. AUM KARA Mantra Exercise

2.1 AUM is the combination of three letters, each with its own vibration and power. In fact, chanting this word is very much aligned with the exhalation of your breath as well as sensations of warmth and yearning from your heart and soul. AUM is the foundation of all mantras being the beginning word as well as the ending word. A "Mantra" is a repetition of a combination of words that enhances vibrations that result in psychological wellness, satisfaction, harmony and happiness.



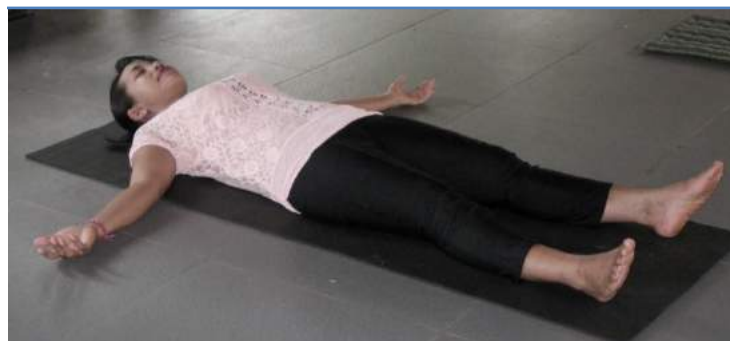
2.2 Sit in any meditative posture, and relax physically and mentally. Concentrate on your breathing pattern and prepare for this meditation exercise. Inhale deeply and hold your breath in your lower abdomen. Exhale from your lower abdomen whilst chanting repeatedly A loudly. Try to observe the vibrations whilst chanting A on your lower part of your body. Now shift your attention to the letter U, inhale deeply, hold your breath & exhale from your chest whilst you chant U. Observe the vibration while chanting U. Similarly, now repeat with the letter M. Repeatedly chant the word AUM and enhance your relaxation, physically, mentally and spiritually. Gently rub your hands till they are warm, and place your hands over your closed eyes and rub your face. Repeat this total movement three times. After the third time you open your eyes. Embrace the sunrise with gratitude and happiness

### 3. Mindfulness Meditation Exercise

- 3.1 Sit in any meditative posture, and relax while freeing your mind from all thoughts. Concentrate and practice mindful breathing, inhale deep and slowly observing your stomach-abdomen expand into a convex shape. Hold your breath and then exhale slowly emptying all the air from your lungs, observing that your stomach-abdomen shrinks into a concave shape.
- 2.2 This breathing exercise will enable you to focus and concentrate your mind as you count your inhales and exhales from one to ten. Repeat the exercise and count from ten down to one and repeat the cycle five times. During this practice, try to visualize your breath moving through your respiratory system and train your mind to be joyful when you inhale and imagine all your worries and sadness going out when you exhale. Repeat this several times and with each cycle you will be more peace and in harmony

### 4. Deep Relaxation Exercise

- 4.1 Lie down flat in a meditative posture, close your eyes and concentrate on your breathing pattern, enhancing relaxation and enabling your body and mind to enter into a meditative mode. Begin by focussing and being aware of your whole body, from toe till the crown of your head.



- 4.2 Start with the awareness meditation; concentrate on your toes and release all the pressure from each toe one by one. Similarly concentrate your mind on your feet, ankles, calf muscles, knee and hip joints, be aware of any pain in these lower body parts. And whisper that all is healthy and beautiful.

- 4.3 Now do the same to the upper part of your body: observe your lower to upper back, your vertebrae, spine and neck, shoulders, forearm, elbow, wrist, palm and fingers one by one. Be aware of any painful joints and muscles. And whisper that all is healthy and beautiful.
- 4.4 Now concentrate on the organs in your body beginning with the small and large intestines, stomach, kidneys, liver, lungs (observe the synchronized movements of your abdomen in and out) and heart (listen to your heart beat and imagine the rhythm of your blood flowing in and exiting the heart). And whisper that all is healthy and beautiful with your organs.
- 4.5 Concentrate your face: your chin, lips, cheeks, ears, eyes, forehead and hair, one by one. Focus on the spot between your eyebrows, known as your third eye, and think of your unconscious mind. See the sparkle in your eyes and hear the sounds around you.
- 4.6 Put your hands together and rub until warm. Gently touch and rub your face from forehead to chin and further to your neck, shoulders, upper and lower back, thighs, knees, calves and feet. The feelings in your mind and heart will be simply one of relaxation and embracing your beauty, physical, mental and spiritual.
- 4.7 During this meditation exercise, if your mind is racing, going over your to-do list, all the work you need to get done, your thoughts, pain, worries etc, focus on your breathing and with each inhalation, whisper all will be well and with each exhalation breathe out through your mouth all that gives you worry, with a gentle "ha" sound.

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