

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 1

Exercise-1: Heaven And Earth Breathing

The steps of this exercise are as follows

- Step 1: Keep your feet on the ground and make a connection with the ground.
- Step 2: Breathe in through the nose (imagining you are breathing in from the ground) and out through the mouth.
- Step 3: Breathe in through the nose (imagining you are breathing in from your head or the Heavens) and out through the mouth.
- Step 4: Breathe in through the nose (imagining you are breathing in from the ground and the heavens simultaneously) and out through the mouth.



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Exercise-2: Immune

The steps to do this exercise are as follows

- Step 1: Touch the bony area on your chest (thymus inside it). As you feel the bony part, make a soft fist, place it gently on the thymus area and gently tap on repeatedly with alternate fists. The immune cells are stimulated by tapping in this way. Along with this tapping, make a gentle noise saying, 'Aaah.' Repeat this step twice.
- Step 2: Repeat the exercise with your eyes closed.
- Step 3: Repeat the steps in the second round with a gentle fist, and make an 'Aaah' sound, ('Aaah' sound with eyes closed, tapping and affirmation) and say "I am healthy, I am well."

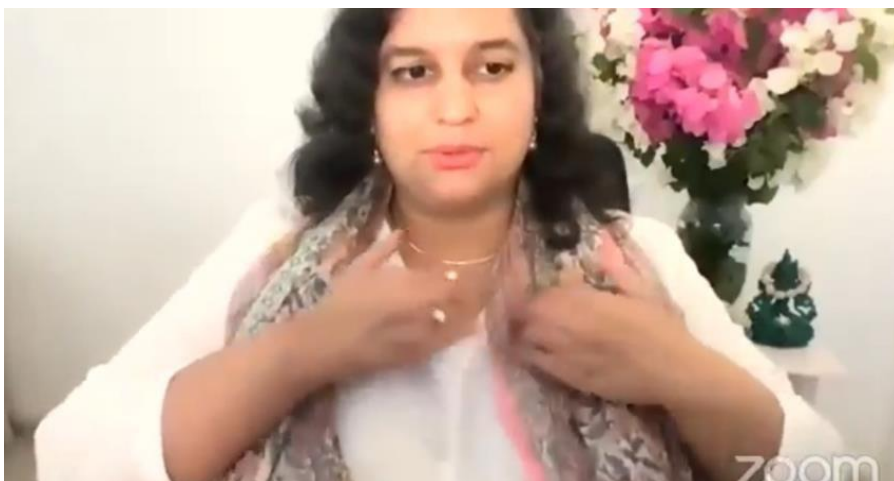


Exercise-3: Chest

Do this to open up your lungs.

The steps to do this exercise are as follows –

- Step 1: Gently breathe in and out.
- Step 2: Breathe in and out, tapping clockwise in the middle of your chest and imagine that you are connecting with your lungs.
- Step 3: Breathe in and out, tapping anti-clockwise in the middle of your chest and imagine that you are connecting with your lungs.
- Step 4: Repeat the above two steps in a cyclic manner.



Exercise- 4: Hair Pulling

Do this hair combing exercise to release yourself from worries and anxiety. The steps to do this exercise are as follows-

- Step 1: Start by relaxing and moving your fingers.
- Step 2: Breathe in by combing your hair inwards.
- Step 3: Breathe out by combining your hair outward. Keep your thumbs near your ears.



Exercise-5: Crown Stretching

- Step 1: Apply medium pressure using your index and middle fingers on the top of your forehead and breathe in and out, tracing the end of your hairline to just above your temples.
- Step 2: Put your little finger in the space between your eyebrows (meridian for emotions) and stretch your fingers in such a way that the Index finger touches your crown.
- Step 3: Breathe in and breathe out by moving your little finger along your eyebrows and move the rest of your fingers in a similar fashion on your forehead.



Exercise-6: Tantrum

Do this exercise to release all kinds of sadness, anger, hurt, and

blames. The steps to do this exercise are as follows-

- Step 1: Find the place underneath the collarbone and gently tap on it.
Make loud 'Aaah' sounds as you do this. Tap the feet with the frequency of the tapping of the chest.
- Step 2: Repeat the above steps



Exercise 7: Hand On Heart

To restore the peaceful tranquility within yourself, do this exercise.

The steps to do this exercise are as follows-

- Step 1: Put your right hand on your heart. Make a connection with your heart. Thank it for being there for you.
- Step 2: Breathe in and out through the nose while having a connection with your heart. (Heart-centered breathing)
- Step 3: Breathe in through the nose and breathe out through the mouth to calm the nervous system.
- Step 4: Now, put both the hands on the heart, breathe in through the nose and breathe out through the mouth. This time just breathe naturally focusing fully on the heart. Breathe in through the nose and out through the mouth while focusing your knowledge on your heart and allow all the gratitude to go inside your body.

