

Energiser Bunny

6-minute Mini playsheet

First thing's first. We are energetic beings. When our energy is not being replenished - by way of self-loving activities such as meditation and yoga - our energy runs dry. We really are like a mobile phone in that sense. We need to be put on charge, otherwise we stop working properly. And the first signs of our body not working properly, are fatigue, crankiness and sickness. The best thing you can do, when you feel your Energiser Bunny-self running low on battery, is re-charge. And this little Mini is a nice way of doing that!



HOW TO DO THIS MINI...

Now, truth be told, if you've worn a pencil skirt to work, this Mini might be little difficult to bust out in the office. But if you're in comfy slacks, then you should be fine. Simply take 6-minutes out of your day - maybe book a cubicle office for yourself - and then turn on the Guided Audio. This Mini is designed to pump nourishing oxygen into your system (as often fatigue is the result of us not breathing properly and becoming oxygen deficient) while using poses that stimulate the body in such ways that energy starts to move more freely along the meridians (energy pathways).

A NOTE ON ENERGY...

There are a couple of reasons why we run out of energy. But one of the biggies, is because the energy flow in our body becomes stagnant. What causes this? There are a raft of possible causes. Spending time with people who drain our energy* (you know these people, because you leave and you feel like you need a yoga session to recover), doing too much for others at the expense of our own self-care, not getting enough sleep, not giving ourselves enough self-nurture time during our waking hours, suppressing negative feelings instead of dealing with them in the present, etc. etc. etc.

When our personal energy supplies run low, we begin to feel flat, tired, lethargic, exhausted and that often leads to emotional instability. We are far more likely to bite someone's head off, if our energy supplies are running low. I'm sure you've had this happen :) The **Energiser Bunny Mini** helps get that energy flowing through the body, so you can feel fresh and inspired again. Use this Mini whenever you need an energy boost. You might even like to try swapping it for your coffee or chocolate pick-up!

* If you tend to feel drained from other people, this blog post may just hold some answers for you:
[Energy Vampires: How to Identify Life Suckers.](#)

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6-minute Mini manual

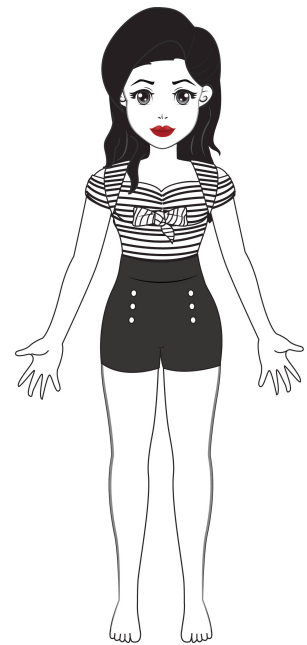
- ♥ **Body Shake:** 90-sec
 - ♥ **Heaven on Earth:** 90-sec
 - ♥ **Froggies:** 90-sec
 - ♥ **Rest:** 1-min
 - ♥ **Rock N'Roll:** 30-sec
 - ♥ **Self-Love Prayer:** 30-sec
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Body Shake

Start in a standing position and simply shake your body. Give it a really good shake for a full **minute**. Shake off everything that is worrying you, shake off any old conditioning that's no longer serving you, shake it right on off. Give your body one big shake and then shake some more. Let every little bit of flesh wobble and shake, rattle and roll. Notice any areas you're unconsciously holding and invite them to release. When you're ready, come to a standstill. Allow your entire being to sense the energy of the earth and feel the vibrations moving through you. **Body Shake** for **90-seconds**.

GIFTS: We begin this Mini by shaking off all our worries and stresses physically, because the physical and the mental are one and the same thing. As one lets go, so does the other. Shaking and jiggling various body parts loosens holding patterns (conscious and unconscious tension) and has the power to unravel muscular and mental kinks simultaneously.

Shaking helps get the lymphatic system working properly, and you want the lymphatic system working because it's what transports toxins out of the body so the body can function properly. Shaking the body vigorously also helps open up the meridians in your body so your life force energy can flow more easily. Scientific research has discovered that whole body vibration - which we achieve through such activities as **Body Shaking** - improves bone strength, circulation, muscle strength, bone density, and our sense of balance, among many other yummy benefits.



Heaven on Earth

in Easy Pose

In **Easy Pose**, make sure your sit bones are rooting into the earth so you feel stable. Raise your arms up straight to a 60-degree angle, so they create a V, palms facing up; it's as if you're opening yourself up to the heavens, eyes looking up. In this pose begin **Breath of Fire** and continue for **90-seconds**. If you find it too intense, keep your hands up and do long slow breathing before returning to the **Breath of Fire** when you feel ready.

See the **Blissful Breath playsheet for instruction on how to do **Breath of Fire**. You'll need to practise this outside of your Mini, so you do it correctly; otherwise you could quite literally pass out!*

To end the pose, inhale your hands together above your head, palms touching, then exhale your hands through your aura, letting them float down to your knees, palms up.

REST here in **Easy Pose** for **30-seconds** taking long slow breathes right into your core. Bring your awareness to how your body feels after doing BOF.

DON'T DO ... **Breath of Fire** when you are menstruating.

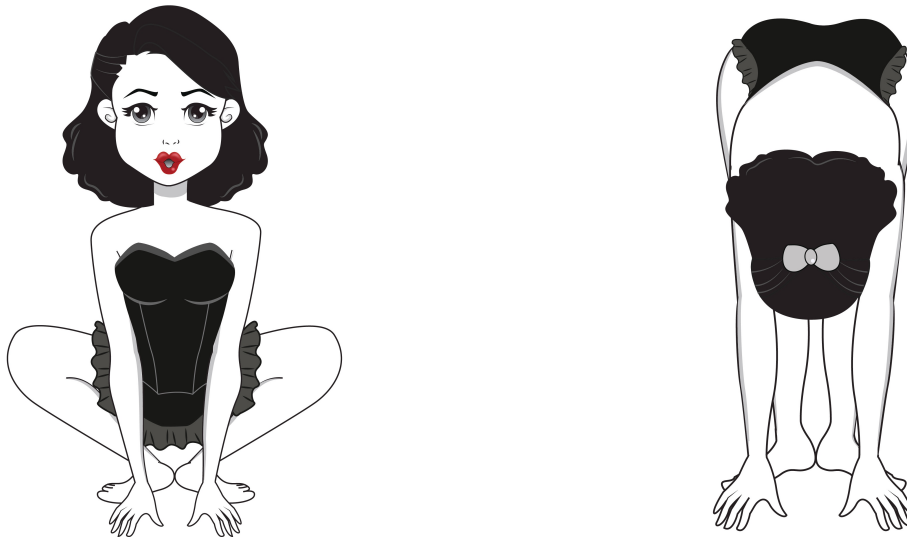
GIFTS: The **Breath of Fire** (BOF) is valuable in so many respects, but the fact that it improves your quality of radiance and brightens and strengthens your aura, is reason enough for every woman to do a little BOF each day. It's also one of the greatest ways to bust through emotional blocks fast by stimulating the parasympathetic nervous system, giving you a nice injection of confidence and strong sense of self-esteem. Not to mention a great energy boost!



If we look purely at physical benefits, BOF helps the body reach an optimum acid-alkaline balance, reducing irritability and plaque production in the arteries. It stimulates the Vagus nerve and balances the autonomic nervous system, cleanses the blood by removing toxins from the tissues, lungs and mucus membranes while improving digestion. How good is all that! Looking up as you do this pose, all helps direct the movement of energy up your spine.

Froggies

Start out by looking like you're squatting on your little lily pad as the image suggests, with your heart lifted and your shoulder blades moved in and down your back. Your heels are raised and together, feet facing outward and in line with your knees, hips as open as possible. Your arms are straight down in between your legs with your fingertips touching the floor and your back straight. Feel the length through your spine.



Inhale as you lift your hips up, lowering your head to look at your knees. You should feel a nice stretch in your legs here. You don't have to straighten your legs completely, simply straighten until you feel a good stretch. Your booty should be up in the air. Your fingertips remain on the floor, heels together and raised off the floor at all times throughout the pose.

On the exhale, return to your original squatting **Froggy**, head looking straight ahead (you can keep your eyes open for this one so you don't fall over), always keeping your heels raised and touching. Continue to do the Froggy for a full **90-seconds**. As you'll find, the quicker you do this move, the easier it is. So ideally you want to create quite a rapid pace moving in and out of your **Froggies**, without any gap between each one.

REST. Lie down on the floor in the **Base Position** and rest here for a **1-full minute**. Feel the energy moving through your body, allowing yourself to connect with it and really feel the pleasure of the energy you've just stirred up within you. There is so much power in taking time to feel your energy flow because the more connected it you become, the easier it will be able to feel, and help support you through your day.

OTHER WAYS: If you can't go down low into a squat for this, simply go as low as you can go and do your **Froggies** from there. Tailor the move to where you're at right now. You can also roll your yoga mat or use a blanket or towel to place under your heels if you need to.

This is a very dynamic pose, so if you can't do **Froggies** for 90-seconds (I certainly couldn't when I started!), go for as long as you can, and then simply rest on your lily pad and visualise yourself doing the pose for the time remaining. With practise you'll increase the time you can do **Froggies**. Just remember: You are stronger than you think!

If this is still too much, bring in a chair, stand behind it and holding the chair, have your feet flat on the floor, heels touching, bend the knees up and down in this position, inhaling and squeezing up and exhaling and releasing down. If you feel any pain at all in your knee joints, make sure you do one of these modifications. You don't want to feel pain.

GIFTS: This is a wonderful energiser of a pose that will really rev you up! If you're at your computer and you feel fatigued, if things just aren't going well for you emotionally, simply get up and do a few

minutes of **Froggies**. **Frogs** are such a good pick-me-up you'll be amazed by how alive you feel afterwards. If you don't have six minutes to do the full Mini, just do 2-minutes of Froggies!

The reason you want your heels touching is because there are energy lines that run through your heels, so when they're touching these energy lines are being activated. There are also energy centres in your fingertips, so when they're pressed into the ground, they're also being activated. You can have your whole hand down if you need that extra balance, simply make sure your fingertips are still touching the floor for that extra energy boost.

Energetically, the **Frog** pose works on our three lower chakras so it's activating and strengthening our sense of self and how safe we feel in the world. This pose really fires you up and strengthens your commitment to self. This is a great one to lift your sexual energy. If you're not feeling desire, this pose will shake up the energy and really help you feel the sexual energy more vibrantly.

Rock 'n Roll

Bring your knees into your chest, holding them in your arms. Gently peel your head off the floor, and tuck your chin to your chest. Rock back and forth along the entirety of your spine – all the way from your tailbone to your neck – softly massaging your spine into the earth. Make sure you roll along your spine at least **3 times** before coming up into **Easy Pose**.

GIFTS: Rock'n Rolling does more than help us move from **Base Position** to **Easy Pose**; it circulates our life force energy and relaxes the spine. The spine is viewed as an energy antenna, thus rocking and rolling along the spine, helps wake up that energy and get it flowing more freely through the body. *Why do you want energy flowing through your body?* Because stagnant, stuck energy is the cause of illness and disease. When we get the energy moving – which is the aim of Chinese Medicine and Acupuncture – the body is free to heal itself.



Self-Love Prayer

Once you return to **Easy Pose**, simply bring your hands to your chest in **Prayer Pose**. Bow your head to your heart, say 'I am love'. Then roll your head up and move into your day feeling the aliveness this lovely 6-minute **Energiser Bunny Mini** has given you.