

## MIND-BODY EXERCISES FOR OSTEOARTHRITIS WITH RAMEL RONES

PAGE	Record your Practice	TIME	SUN	MON	TUE	WED	THU	FRI	SAT
1	Iron on the Wall	2 min							
2	Vitamin H	2 min							
3	Chair Twist	2 min x 2							
4	Heron	2 min x 2							
5	Outer Hips	2 min x 2							
6	Fingers 1-2-3-4	1 min x 2							
7	Wave Bye-Bye	1 min x 2							
8	Wrist Circles	1 min x 2							
9	Elbows	1 min							
10	Crane Flies	1 min							
11	Crane Strikes Sideways	1 min							
12	Up and Down x 2	10- 30x							
13	Wall Push Ups	10- 30x							
14	Zen Mind	1-10 min							
15	Empty-Full Moon	1-10 min							
16	Lower Energy Center	1-10 min							
17	Bubble Visualization	1-10 min							
18	Dissolving Meditation	3-15 min							
19	TAI CHI FORM								
	<i>Thoughts</i>								