



Meditative Stretching

Instructional

New Age: Meditation/Relaxation

Spoken Word + Sounds:

Dance Instruction

Material Proyactable

This video records me [Finis Jhung] at age 75. Each day finds me quietly waging my own personal battle against aging. I can't let a day go by without doing my own personal regime of stretches. When I don't do my daily exercises, my body complains with pain. In this video I will show you the exercises I have found to be most helpful in keeping my arthritic hip functioning pain-free and in "unseating" those joints and muscles that become stiff and achy from prolonged sitting and inactivity. This program will benefit you the most if you would do it from start to finish. Try to make time so you can do it without interruption. These exercises are deliberately contemplative. Think about and talk to your body. It's the only one you have. Treat it well. Once you learn the exercises and can do them by yourself, it should take you about 45 minutes to do the entire program without stopping. If you are pressed for time, do the Morning Wake-up which takes about 20 minutes

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Nota general: Title from resource description page (viewed March 29, 2016)

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Materia: Instruction Prayer and meditation Aging Dance technique

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