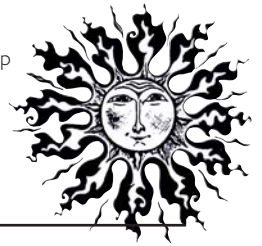


Inti Raimi

Sun Blessings -The High Andes sacred movements

The Inti Raimi is a short sunrise ritual of welcoming the birth of the new day and to help us connect to the spiritual power of Father Sun and Mother Earth. It's an ancient ritual practiced by the indigenous people of the High Andes of Ecuador to aid invigorate and cleanse the body digestion and breathing system after our night sleep. The series of eight simple and easy to practice exercises help stimulate breathing and promote balance. You will feel, centered, balanced, recharged and ready to start a new day.



General instructions: 1. All exercises are done while facing East –the rising Sun. **2.** All exercises start with the left leg. (The left side is the side of receiving from the universe, the nurturing female side, contrary to the right side, the masculine side that reaches out to take from the world or the active side). **3.** Breathing: inhale the fresh air deeply through your nose; exhale strongly through your mouth the stall polluted air. **4.** Repeat each exercise as many times you wish, no one is counting. Every day your body is different so listen to your body. Traditionally as the number of the vertebrae in our spine, 26 times.

1.



Exercise 1. Sun Rays Bathing. Stand with spread legs. Bend your knee lightly (Exhale), while scooping the energy of the morning dew with the palms of your hands. Straighten your leg (Inhale), while raising your arms above your head toward the sun. Turn the palms of your hand and pour the sun energy down your head, shoulders and the entire body. Repeat.

2.



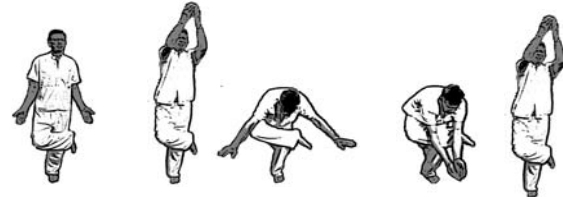
Exercise 2. Lungs Cleansing. Stand with a spread legs. While turning to the left (Inhale deeply), your right hand hits your left rib cage lightly, turn to the right (Exhale strongly) and now your left hand hits the right side. Repeat.

3.



Exercise 3. Invigorate your Neck and Shoulders. Stand with a spread legs. While turning to the left (Inhale deeply), your right hand hits the point where the neck meets your shoulders, turn to the right (Exhale strongly) and now your left hand hits the right side. Repeat.

4.



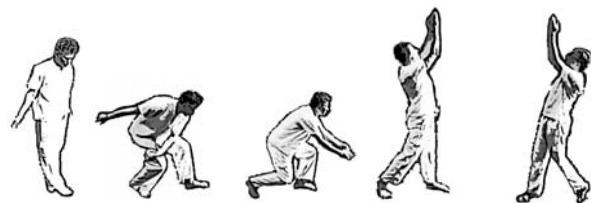
Exercise 4. Balancing Act. Stand straight on your left leg, while your right leg is folded over it like the #4 (or like a stork). Lift your hands (inhale) from both sides toward the sun. Bend forward all the way down (exhale) until your knee touches your stomach, with your palm collects the earth energy. Ascend again (inhale) and bring your hands above your head, offering the earth energy to the sun. Change legs, stand on your right leg and repeat.

5.



Exercise 5. Sun Offerings. Stand straight. Step forward with your left leg (Exhale). Bend your knees; the right shin needs to be paralleled to the ground. With your hands Scoop (inhale) the earth energy from the ground. Rise up (Inhale) while moving your left leg backward and leaning on your toes, and arching your back while raising your hands to the sun. Change legs, start on your right legs and repeat.

6.



Exercise 6. Life's Cycle. Stand straight. Step forward with your left leg (Exhale). Bend your knees; so the right shin will be parallel to the ground. From your right side, scoop the earth energy with your hands from the ground. Rise up, (inhale and hold your breath) turn around and face West, while moving your left leg backward and leaning on your toes arching your back. Raise your hands to the moon. Change legs, start on your right legs and repeat.

7.



Exercise 7. Luminous Body Protection. Stand with a spread legs. Bend the legs. Inhale deeply, while turning to the left, your hands stretched out; turn from side to side in big circles, Exhale strongly. Imagine you are creating a shield around your entire luminous body from top to bottom.

8.



Exercise 8. Sun Meditation. Stand on the tips of your toes, while your heels are touching, bend your knees and stand as low as you could (don't over do it). Raise your hands in front of your eyes and create a window with your palm through which you can see the sun. (Index fingers and thumbs are touching). Stand with open eyes for as long as you can, breathe softly and naturally. Do not gaze at the Sun directly.