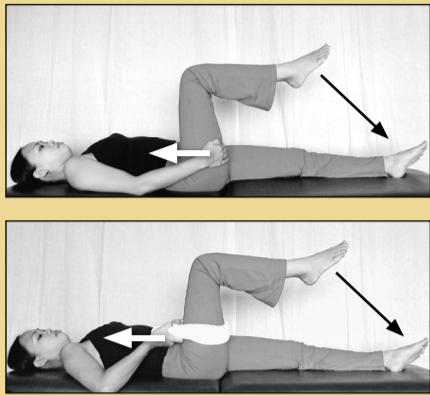
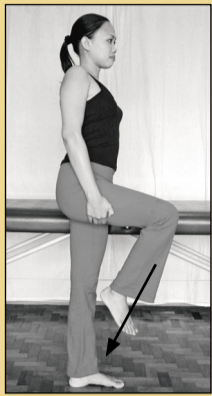




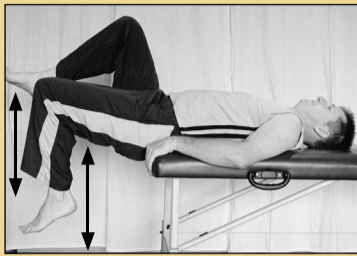
DORN METHOD Self Help Exercises

General Rules: Always consult your doctor first before starting any exercise! The featured exercises aim to continue the alignment after a Dorn Therapy. But can be done as Prevention and Maintenance without prior Therapy. To achieve the best results the exercises should be done regularly, best several times a day. Do not exercise after any injury following an accident and do not exercise if you experience fever, migraine or inflammations. The exercises must not cause any

pain while doing them and it is best to repeat them more often than doing them too intensive. Do not hold your breath during the exercises. Although the DORN METHOD Exercises are very safe if done gently and in the correct way no Liability for any consequence resulting from the conduct of these Exercises lies with the author or publisher. Full Self-Responsibility rests on the Practitioner of these DORN METHOD Exercises.

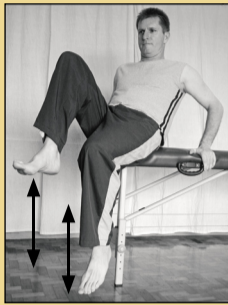


Hip Exercise: Lift the Leg to approx. 90° then bring it back to a straight position while applying gentle pressure against the hip joint by pulling on the upper thigh with the hand or a rolled up towel. Exhale while applying pressure but stay relaxed. Repeat minimum three times per side. Pull / Press only when the leg is on the downward movement. Do this Exercises as often as you can, minimum 2 x a day better more often. Do it after every sport as well. This keep the hip in place and the legs even in length.

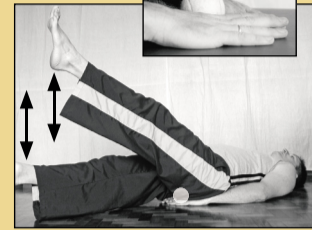


Lie flat on a stable table with the buttocks a little bit over the edge. With both legs in the air make simple up and down movements. Do not hold your breath and stay relaxed. Do not do this Exercise if you feel any Pain. Do it minimum 1 x a day, better more, for approx. 30 seconds each time.

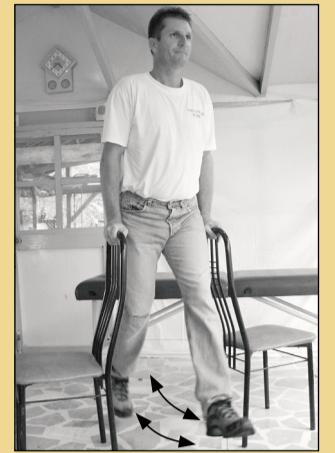
SACRUM EXERCISE



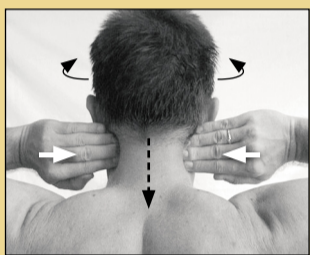
Sit with your Coccyx against the tip / corner of a stable table, lean a little backwards and hold yourself in place with the hands on the edges of the table. With both legs lifted up make simple up and down movements. Do not hold your breath and stay relaxed. Do not do this Exercise if you feel any Pain. Do it minimum 1 x a day, better more, approx. 30 seconds each time



Lie on the floor with a tennis ball below the coccyx and make simple up and down movements with both legs. Do not hold your breath and stay relaxed.



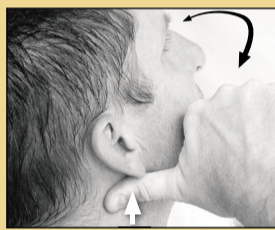
Hold yourself between two chairs with the legs in the air and swing them back and front for approx. 1 minute. You can do several cycles.



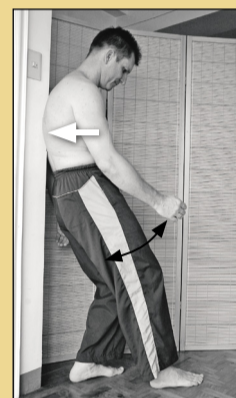
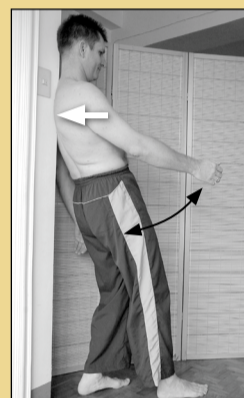
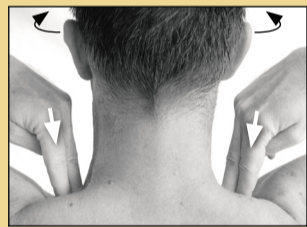
Press with fingertips gentle against the transverse processes of the cervical spine, in the groove between the neck muscles, while turning the head relaxed side to side (No No Movement). After 10 sec. change position downwards several times to cover whole neck. Don't hold the breath and don't do if there is Pain. Minimum 3 x a day.

NECK EXERCISE

Press with thumb against the transverse processes of the Atlas (1st Cervical vertebra) about one finger width behind the ears with gentle pressure directed 45° upwards and to the front while turning the head side to side (No No Movement). Do not hold the breath and don't do if there is Pain. Minimum 3 x a day.



Press with fingertips of index and middle finger downwards and inwards at the groove by the lowest part of the neck (careful: sensitive area!) while turning the head from side to side (No No Movement). Do not hold the breath and don't do if there is too much Pain. Minimum 3 x a day.



Scoliosis Exercise: Lean against a corner at the side and at the middle of the curve, stay at this position for at least 1 minute while swinging the arms back and front. Repeat if there is another curve on the opposite side in a similar way. Don't hold the breath and don't do if there is Pain. Do this minimum 1 x day better more.



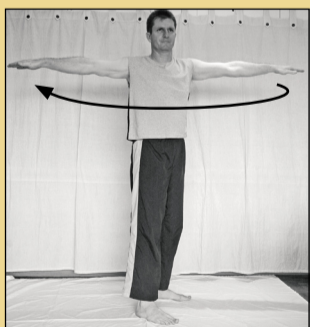
Lean / push yourself against the corner of a wall / doorframe / cabinet directly next to the middle of the Spine and swing with both arms back and front. Change position downwards every 10 seconds to cover the whole back. Don't hold the breath and don't do if there is Pain. Do this minimum 1 x day better more often.

SPINE EXERCISE

A Fountain of Youth – The Five Tibetan Rites

General Rules: The featured five Yoga related Breathing Exercises aim to balance our Energy Centers also called 'Chakras'. In a state of complete Balance we can achieve Unity of Body-Mind-Spirit and Creation and therefore induce Healing and stop Aging. The preferred time for these Exercises is at the beginning of the day, however they can be done at any time. The final goal is to do each of the five Exercises 21 times in a relaxed way while you may try to imagine that positive Energy / Life Force / Prana

is entering our body every time we inhale and Excess Energy is leaving our body every time we exhale. You can start with less Repetitions first e.g. 3 to 7 for the first week and gradually increase the amount by 2 or 3 each week until you reach the full 21. The Movements can be done with or without short breaks in-between but should be in Harmony with our breathing rhythm. Try to stretch the body in each start and end position as good as you can but do not over exert yourself while doing these Exercises.



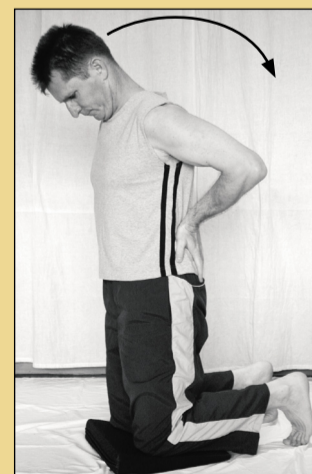
1st Tibetan Rite: Stand with outstretched arms and make fast 360° turns clockwise by doing small steps (to avoid tension in the hip). To avoid dizziness in the end stand firm, breathe deeply, while focusing onto the thumbs, with the hands (palms) together, about 30 cm (1 foot) away from the face.



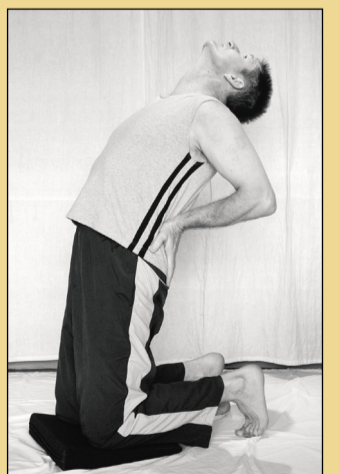
2nd Tibetan Rite: Start by lying flat on the floor (mat), arms on the side of the body, legs relaxed together. While breathing in deeply and slowly with the nose rise both legs straight to a 90° angle and the toes bended downwards towards the body. At the same time tilt the head forward with the chin towards the chest. Try to synchronize movement and breathing. The hips and the shoulders should stay flat on the floor during the movement. The arms can be pressed downwards against the floor a little to stabilize the movement. Stay in that position if possible only until the natural urge to exhale sets in before you return to the start position.



As soon as you feel the urge to exhale move slowly back to the start position while emptying the lungs completely. Relax the body in the end and repeat the movement with the next breath in.



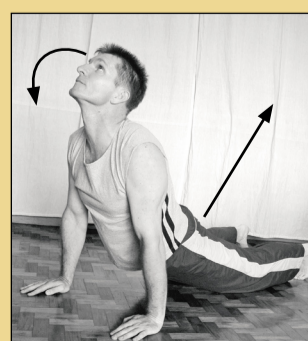
3rd Tibetan Rite: Start kneeling on the floor, toes standing, hands on upper buttocks and chin on chest. While inhaling tilt head and lean upper body backwards.



As soon as you need to exhale move back to the start position. Repeat with the next breath in. Keep buttocks muscles tensed while leaning backwards.



4th Tibetan Rite: Start by sitting on the floor, arms kept straight, fingers pointing to the feet, back always kept straight and chin towards the chest. While breathing in move hips upwards and head backwards to form a bridge. As soon as you need to exhale move back to start position. Repeat the cycle with the next breath in. Stay as relaxed as possible and do not overstretch the head. Hand and Feet do not change their position and breathing and movement should be in harmony.



5th Tibetan Rite: Start with a push-up position standing on the toes (or knees if you have problems in the lower back) Fingers pointing to front and head is tilted backwards but not overstretched. While breathing in lift hips upwards and bring chin to the chest and push heels towards the floor to form a reverse 'V'. As soon as you need to exhale move back to the start position. Always keep the back muscles tensed for back protection and repeat the cycle with the next breath in.