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FREE PRACTICE SHEET

The Strawberry Wake-Up

9 movements · about 5 minutes · from bed to mirror

Every morning, a simple, gentle sequence to care for your nervous system. The movements go from gentlest to most active: the body wakes lying down, then seated, then standing.

In bed	On the edge of the bed	Standing
movement 1	movement 2	movements 3 to 9, a chair within reach

1	**The Heart** In bed · 30 sec	A hand on your heart, a moment of gratitude before your feet touch the floor.
2	**The Breath** Edge of the bed · 1 min	Three 4-7-8 breaths: a long exhale to calm the mind.
3	**The Roots** Standing · 15 sec	Feet grounded, three calm breaths, like a tree.
4	**Separating Heaven and Earth** Standing · 3 times each side	One hand rises to the sky, the other rests below the hip: the rib cage opens, the shoulders and neck loosen.
5	**The Dragon Dance** Standing · 1 min	Gentle waves that loosen the body and wake up the spine.
6	**The Arms** Standing · 15 sec	Wake up the arms and the meridians that run through them.
7	**Face, Hair, Ears** Standing · 20 sec	Warm palms to awaken the senses and relax the face.
8	**Release** Standing · 45 sec	Shake out the whole body and let go of what the night held on to.
9	**The Mirror** At the mirror · 15 sec	A smile and a high five to your reflection for the day ahead.

How to practise

- At your own pace. Start with one or two movements, then add the others.
- Listen to your body. Make a movement smaller if it feels uncomfortable.
- Stop if anything hurts.

Learn each movement step by step

The online course The Strawberry Wake-Up guides you for 30 days: a video for each movement, the full guided routine and a printable companion workbook.

thestrawberrywisdom.com

I am not a doctor or a healthcare professional. This sheet is educational content; it does not diagnose anything and does not replace medical advice. If you have a health condition, talk to your doctor before you begin.

4-7-8 breathing popularised by Dr Andrew Weil · Separating Heaven and Earth, the third movement of Ba Duan Jin (the Eight Pieces of Brocade) · The Dragon Dance, an extract from the Qi Gong of Longevity, as taught to me by my teacher, Filip Rudnyckyj · The Mirror inspired by Mel Robbins' High 5 Habit.