

**Susan, Sue, Susie, Aunt Susie's, Mom's therapy routine: NOTE: 'c' = copyright
(Time to complete: 1.5 hours (+ or – visiting time –) to chat with acquaintances – WCC**

Susan, Sue, Susie, Aunt Susie's, Mom's website: <http://www.hansandcassady.org/>

1. Breath (YOGA) & Sing: USA (salute the flag!), Army, Navy, Air Force & Marine
2. Get “music box” from husband (Mr. Hans Neuhart – “Artist” – <http://www.EiG.net>)
3. Push Ups – use StarTrac® Treadmill Bars
4. Squats - with bounce - (to music: Ms. Aretha®c', Whitney®c', Stevie®c', Michal J.®c')
5. Tai Chi (C) kicks (gentle & “lady-like” – with lots of girl-EE attitude)
6. Tread “slow” 4 to 7 minutes - Dance & kick (to music) “Shake-it-but-don't-break-it” [recall where & when this was hollered out – and, by whom ... (A) maintain attitude
7. Gestalt (B) – clean the machine - “Always set a good example.” Think of God's Grace ...
8. Push Ups – “lady-like” but, military (on mat - ankles crossed): Think of USA Army, Navy, Air Force & Marine songs. Think of acquaintances currently in: USA Army...
9. Look-Ups (seated on mat) – the point is to stretch the front of your long neck
10. Rise and take mat to other side (again, with girl-EE attitude); recall, husband (Hans) enjoys your entry (to “his guy side” – so, make eye-contact [with him] – and smile.
11. Place mat [in station on floor] so that sit ups – with toe brace - is possible.
12. Perform sit ups (with native and African American hand motions) Double-jointed “bird in flight” [This is also good for balance – to regain and repair some neurons damaged...]
13. Adjust hair style (if necessary). Hair should be swept away from neck and back of head.
14. Lay back (flat) - Head & shoulders should be firm and rested on mat.
15. Legs Up (straight – point toes – reach for the sky).
16. Perform “spinal twists” side-to-side
17. Perform “butt-ups” (with native and African American “swooping” hand motions)
18. Perform “head raises” - Port & Starboard – the point is, to strengthen the sides of your long neck
19. Perform “nose to knees” YOGA pose.
20. Perform YOGA plough pose.
21. Perform YOGA “thrust ups” pose.
22. Cage dance [to music beat] – use brace (as needed) – fix hair (again) if necessary.
23. Perform “shoulder stretch”; – use brace (as needed) – punch each palm (think of Mr. Alli (D)
24. Return mat - to starting side (“Gestalt” clean mat.)
25. Rise and approach “circuit machine of interest” – on other side of WCC fitness area – the “Guy's Side”:
[Options are: (a) 2 position sit-up bench, (b) leg press – 2 types, (c) assisted dip – or, assisted pull-up [E]]
(d) reverse “sit-ups” – perform “June Taylor” leg kicks (e) braced foot “round-the-worlds”
26. Take secure position. From standing, ease into YOGA “warrior” pose (do dominant & weaker sides).
27. Smile & wink (to Hans) and [END of routine] Accept offer of “promenade” if inclined.

NOTE: Routine now appears on Susan's “personal” web site: <http://www.hansandcassady.org/>

~ Copyright – USA – 12-12-2016: Susan Marie Cassady – Neuhart

- (A) “boys hanging out of car windows, Columbus, Ohio” – walking safely on the city streets – with friend (Beth K. 1967)
- (B) https://en.wikipedia.org/wiki/Gestalt_psychology
- (C) https://en.wikipedia.org/wiki/Tai_chi
- (D) https://en.wikipedia.org/wiki/Muhammad_Ali
- (E) S. does not perform “chin-up” option yet.
- (F) All steps, positions, poses have been approved by Dr. Zao & Dr. Brackin - 43035