UPHENYO LWESIMO SEMIZWA EMZIMBENI:

1. Hlala noma ulale kahle phansi , bese uvala amehlo akho.
2. Uma sekulungile kahle laph' ukhona, phefumulela ngaphakathi ngamakhala, ubuye uphinde ubale kube kane (4x).
3. Phimisela umoya ngomlomo, ulokhu ubalile kuze kufike kokwesine (4x).
4. Ngengoba uphinda ufaka lomoya ngaphakathi uwukhiphela ngaphandle, ukwenza lokhu ucophelele kahla ukuthola ukuthi umzimba wakho wona uthini kuwena? Ube ubhekise ngqo kwizicubu zonke zomzimba ukuthi zona zizwani, uqala phansi ozwaneni uqhubekela njalo uyofika phezulu ebusweni bakho. Wena nje ulalele ukuthi uzizwa kanjani, qha! Uqhaphele ngokusineke nkoke okwenzekalayo ube ungazenzi mhluleli namlawuli wokuthi yini elungile noma yini engalunganga kulomzuzu.
5. Uma usuqedile, donsa futhi umoya kusela ekujuleni kwawo ngokungcenga, uwufake ngaphakathi ube usuwikhipela ngaphandle kube kathathu (3x).
6. Uma sewenelisekile, uvula amehlo akho kancane. Bese uthatha lelithuba uke ubhekisise ukuthi loku Thatha u5 kukwenza uzizwa kanjani, njengoba usuhlole umzimba ngale Body Scan ecubungilisa isimo semizwa emzimbeni.