

# CALM

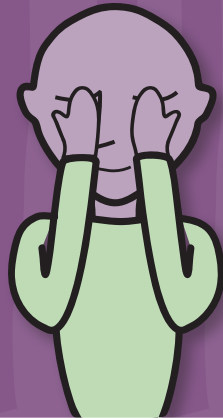
## Take 5 to Calm

Trace up and down the palm from heel to each finger, moving with the rhythm of the breath. Repeat on other hand. Can be done anywhere, anytime when feeling the need to center and calm.



## Palms to Calm

Warm hands by rubbing together, then place palms over eyes. This soothing practice can also be done placing palms on back of neck or abdominals.



# AWARE

## Body & Breath Awareness

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1

Sensing the floor beneath your feet, the temperature of the air on your skin, sounds, sights, scents around you.

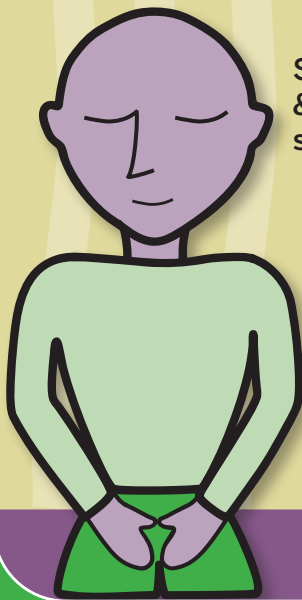
*How do you feel in this space?*

2

Sensing the feet, hands, arms, legs, hips & pelvis, torso, heart center, back body, shoulders, neck, head, face, thoughts.

3

Sensing the natural rhythm of breath moving in & out of the body; tuning in to where that sensation is felt in the body. Let out a sigh if that feels good.



# STABLE

## Seated Mountain Pose

*Sit in upright position, feet flat on the floor. Support behind back or under feet if needed. Arms down by your sides.*

*Breathe naturally. Inhale replenishing; exhale releasing, letting go.*

### Lengthen Upward...

Draw energy up through legs, lengthen torso, creating length & space along spine and neck, skyward through crown of head. Chin parallel to floor.

### Root Downward...

Relax shoulders away from ears, fingers down toward earth, rooted through sit bones and equally through feet.

### Broaden Outward...

Broaden out through collar bones, open through heart center.

### Hug Inward...

Hug abdominals in toward midline of body.



# BALANCED

Helps strengthen connection between left and right sides of the brain.

Both calming and energizing. Stabilizes nervous system and recharges body.



## Alternate Lateral Movement

Circle opposite wrist and ankle several times in one direction, then the other. Repeat with other wrist and ankle.

Lift one knee while simultaneously tapping it with opposite hand. Repeat with other knee and hand. Continue alternating for several rounds.

### ***Moving with the rhythm of the breath:***

Inhale while simultaneously lifting one heel and extending out through opposite fingertips, exhale rock the foot back lifting toes and close the hand into a light fist. 3-5x. Repeat with other foot and hand 3-5x.

Inhale while simultaneously lifting one knee and opposite arm, exhale while returning to starting position. Repeat with other knee and arm. Continue alternating for several rounds.

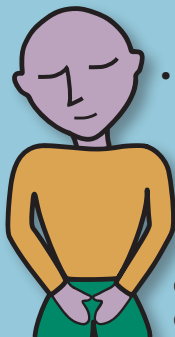
***Note: Keep non-moving hand and foot rooted to the chair and floor for support.***

# FLEXIBLE

## Neck

Tip, Turn, Tilt...

- Inhale, tilt chin up, exhale, tilt chin down. 3-5x
- Exhale, turn head, inhale, return to center, repeat opposite direction. 3-5x
- Exhale, tilt ear toward shoulder, chin toward collarbone, pause & breathe. Inhale return to center. Repeat other side.



## Ankles & Feet

Pedal, Circle, Side-to-Side...

**Perform the following movements slowly and mindfully. 3-5x each**

- Point and flex feet in a pedaling motion
- Circle ankles, one direction, then other direction.
- Move feet side-to-side in a wind shield wiper motion.



## Shoulders

Shrug, Roll, Hug...

- Inhale, draw shoulders up, exhale down. 3-5x
- Roll shoulders, 3-5x back and then forward.
- Wrap arms around shoulders, drop chin - hug.

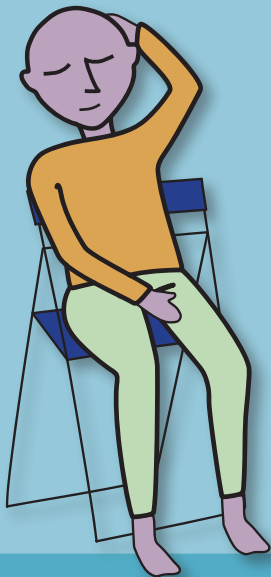


- Neck issues? use micromovements.
- Maintain downward energy of shoulders.
- When moving feet, keep hands supported on chair.



# FLEXIBLE

## Side Lateral Flexion

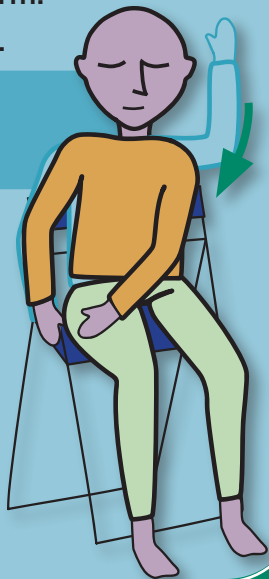


- Place one hand on opposite thigh and extend other hand behind head. Inhale lengthen up along side body, exhale slight side bend. Repeat this small movement 3x, then hold and explore the stretch.
- Option: exhale, tilt elbow forward and inhale lengthen back. working into latissimus dorsi muscle. 3x.
- Inhale return upright stretching arm up, exhale lower arm.
- Repeat other side.

- Root down through lower body.
- Maintain neutral position of head.

## Side Twist

- Place one hand in cactus position and other hand supported on chair. Inhale open through heart, exhale twist torso, place hand on opposite thigh. Repeat this small movement 3x, then hold and explore the stretch.
- Repeat other side.



# STRONG

## Palm Press

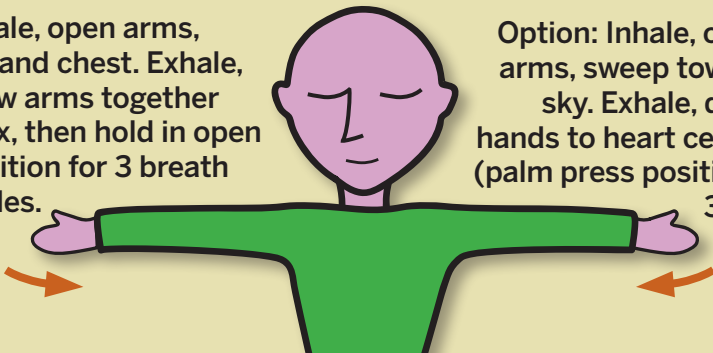
Place palms together at heart center, press, feeling the upper back muscles engage, then relax 3-5x, holding the last press for 3 breath cycles.



Option: Inhale, draw elbows toward each other as palms press and lift in straight line upward. Exhale, return to starting position. 3-5x.

## Chest Press

Inhale, open arms, expand chest. Exhale, draw arms together 3-5x, then hold in open position for 3 breath cycles.



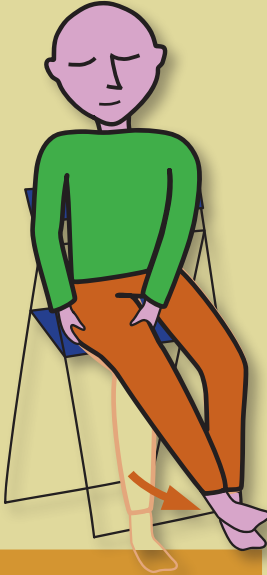
Option: Inhale, open arms, sweep toward sky. Exhale, draw hands to heart center (palm press position). 3-5x.

- Maintain neutral and relaxed position of head and neck.
- Help maintain strength and stability in upper body.



# STRONG

## Leg Extensions



- Support thigh with hands. Inhale, extend leg. Exhale bend knee 3-5x, then hold in extended position for 3 breath cycles.
- Maintain foot flexion during practice.
- Repeat other side.

## Lateral Leg Movement

- Maintain stability in abdominals and non active leg.
- Help maintain strength and stability in lower body.



- Create resistance with one hand on outer thigh. other hand supported on chair. Inhale, step leg out to side. Exhale, return leg to starting position 3-5x.
- Maintain resistance during practice.
- Repeat other side.

