

WARM UP EXERCISES

BREATHING



- Sitting on mat, spine and pelvis in neutral, knees bent, feet flat on the mat, hands pressing into shins.
- Inhale to prepare.
- Exhale starting from top of your head, round the spine flexing forward over your legs.
- Inhale to stay, allowing the back and side of rib cage to expand.
- Exhale through pursed lips, allowing the rib cage to close. Do this for 3-5 breaths
- On last exhale stack back up into starting position.
- Complete 2 to 3 repetitions.

IMPRINT & RELEASE



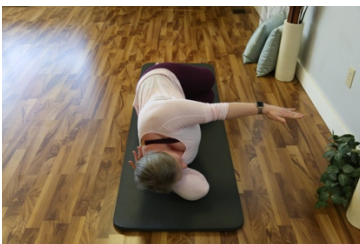
- Laying on your back, in neutral in pelvis, knees bent and feet flat on floor in line with sit bones, and arms long down by your side.
- Inhale to prepare.
- Exhale to contract abdominals and imprint spine.
- This is a small tilt of the pubic bone toward your nose.
- Inhale back to neutral.

HIP RELEASE



- Laying on your back, in neutral, knees bent and feet flat on floor in line with sit bones and arms long down by your side.
- Inhale tip your knee out and slide your foot away from your body, keeping the foot in contact with the mat.
- Exhale, rotate in and pull your leg back to starting position.
- Complete 3 repetitions in this direction.
- Go the opposite direction with the same leg
- Inhale turning in at the hip and sliding the leg away from body.
- Exhale rotate leg out, bend knee and pull back to starting position.
- Complete 3 repetitions in this direction as well and then switch legs and repeat.
- Movement is from the hip and will feel like the thigh bone is stirring in the socket.

SPINAL ROTATION



- Laying on your side with your back lined up with the back of your mat.
- Both knees bent, waist slightly lifted, head supported with a pillow or your hand and top arm long reaching forward.
- Inhale to raise the top arm to the ceiling keeping the body long and stable.
- Exhale to rotate back turning the chest and ribs towards the ceiling (keep the shoulder blade lifting away from the spine to feel length in the chest)
- Inhale to hold.
- Exhale to rotate back a little bit further.
- Inhale to hold.
- Exhale and use the abdominals to rotate the spine back to your start position

CAT STRETCH



- On all 4's with hands under the shoulders and knees under the hips.
- Pelvis in neutral and a connection with the abdominals to hold in place.
- Inhale and hold.
- Exhale to start at the tailbone and round one bone at a time up to the ceiling to round the spine.
- Inhale to hold and try to round a bit further.
- Exhale to lengthen from tailbone to head to return to your neutral.

HIP ROLLS



- Laying on your back with no pillows under your head. Neutral spine with feet in line with sit bones. You may want to pull your feet in a bit closer to your sit bones/glutes.
- Inhale to hold.
- Exhale to roll through imprint to pelvic tilt and then continue to roll up through the spine until you end up in a long line with the weight resting on your shoulder blades.
- Inhale to hold.
- Exhale to roll back down through the chest, the ribs, the low back and then through pelvic tilt and back to neutral.

PROTRACTION/RETRACTION



- Laying on your back with pillows under your head. Feet in line with sit bones and pelvis neutral. Reach arms to the ceiling above the shoulders.
- Inhale to separate the shoulder blades gliding them away from the spine.
- Exhale to draw them back through neutral and together to squeeze the shoulder blades together.
- Keep the ribs and pelvis in neutral.
- Maintain a long reach through the fingers.

ARM CIRCLES



- Laying on your back with pillows under your head. Feet in line with sit bones and pelvis neutral. Arms long by sides.
- Inhale to raise the arms up and overhead keeping the ribs lightly to the floor.
- Exhale to circle the arms to the sides to return them back to the start.
- Reverse directions after 3-5 circles.
- You want to feel the shoulder blades gliding on the ribs making the circles.

HEAD NODS



- Laying on your back with pillows under your head. Feet in line with sit bones and pelvis neutral. Arms long by sides.
- Inhale to nod the head. (about a fist distance chin to chest) Lengthen the back of the neck and gently tighten the ones in front of the neck.
- Exhale to return to neutral.
- Head stays on the mat.

ELEVATION/DEPRESSION



- Laying on your back with pillows under your head. Feet in line with sit bones and pelvis neutral. Arms long by sides.
- Inhale to slide the shoulder blades up the back.
- Exhale to slide the shoulder blades down in a "V" towards the butt.
- Keep gentle pressure into the hands and the collarbones wide and heavy.