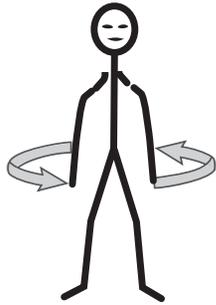




Movement

Breath

Benefits

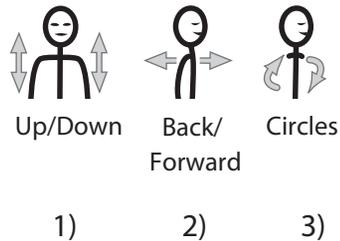


Vertical Trunk Twist:

(12X each side) Arms by side, stable stance. Begin twist from hips, let shoulders follow, and lift opposite heel from side you are twisting to.

Quick exhale as you twist (“puff of air”). Inhale as you transition through the center without stopping.

- Relieves tension in the back., abdomen, shoulders, and hips.
- Enhances awareness of the mind and body connection.
- Quicker exhale can increase vitality and alertness.

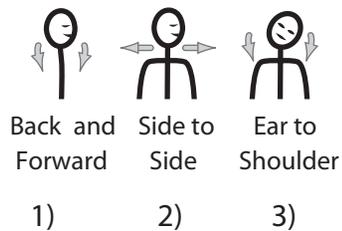


Shoulder Movements:

(3-5X in each direction)
1) shoulders up and down
2) shoulders forward and back
3) circles with arms by sides; reverse direction of circles

- 1) Inhale shoulders up. Exhale shoulders down.
- 2) Inhale opening chest. Exhale stretching out upper back/collapsing chest.
- 3) Inhale when shoulders are back/up. Exhale when shoulders are forward/down.

- Relieves tension in shoulders, chest, and upper back.
- Enhances posture and ability to breathe deeply.
- Relaxes emotional guarding around the chest and torso.



Neck Movements:

(3-5X times in each direction)
1) bend neck back and forward
2) rotate chin side to side
3) drop ear towards shoulder

- 1) Inhale lifting head up and back. Exhale drop chin to chest.
- 2) Inhale center. Exhale look to side.
- 3) Inhale center. Exhale drop ear to shoulder.

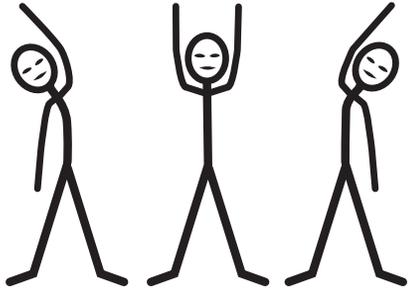
- Relieves tension in neck.
- Increases ease of movement throughout the day
- Enhances awareness of how we hold stress in our bodies

15-Minute Transformative Life/Leadership Skills (TLS) Protocol

Movement

Breath

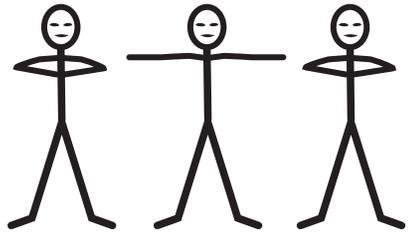
Benefits



Standing Side Bend: (3-5X each side) Start with stable stance. Bring arms up, spine is neutral. Release one arm down. Bend towards side of lowered arm, lengthening opposite side of body from heel to fingertips. Keep head and neck relaxed.

Inhale bringing both arms up. Exhale to one side.
Inhale back to center.
Exhale to other side.
Inhale back to center.

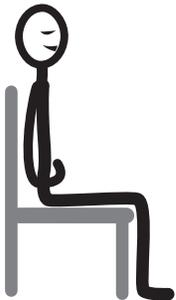
- Alleviates tension in shoulders, neck, and side of body.
- Stretches muscles around the ribs to allow for deeper breathing.
- Enhances body awareness to help enable self-control.



Rhythmic Thoracic Breathing: (8X) Standing with feet wider than hip distance. Start with palms together at chest. Stretch arms out and back, opening chest, and bring hands back together to chest.
4 count inhale, 8 count exhale.

Bringing arms out to the sides on inhale (count of 4) — opening chest — and bringing hands back together on exhale (count of 8). 4:8 count should be done at own pace without strain.

- Releases tension in the chest, shoulders, and upper back.
- Allows for easier and deeper breathing to regulate emotions.
- Relaxes the nervous system through rhythmic breathing.



Sitting Belly/Rhythmic Breathing and Meditation: Sitting with tall spine, shoulders and face relaxed. Bring hands to belly and breathe into belly. Breathe in to 4 counts and out to 8 counts at a comfortable pace.

Belly expands with each inhale and contracts with each exhale. **Then return to natural breath and spend one minute just watching the natural breath and noticing how you feel. Practice listening without negative judgment. Watch yourself watching your breath.

- Increases focus, attention, and self-awareness.
- Allows for deeper breathing to increase vitality.
- Relaxes the nervous system and abdominal tension.