



## GUIDE TO WORKING WITH CLINICAL SOMATICS CHAIR EXERCISES

Clinical Somatics exercises are traditionally practiced lying on the floor in order to take gravity out of the picture. When we're sitting or standing up, our postural reflexes are automatically at work, contracting certain muscles so that we don't fall over. But when we lie down, these postural reflexes are not triggered. Our muscles can be completely relaxed, and we can much more easily and effectively retrain the nervous system. For this reason, you should teach your students the traditional floor exercises whenever possible.

You can teach your students these Chair Exercises if:

- They are unable to get down to the floor or back up comfortably
- They are unable to lie on the floor comfortably or do specific exercises on the floor
- They use a wheelchair or mobility device and doing floor exercises is not possible
- They already practice the floor exercises, but still struggle with their seated and standing posture
- You feel that they would learn something valuable from doing the seated version of the exercise

I've adapted almost all of the floor exercises to be practiced sitting in a chair. The exercises I've left out simply did not lend themselves to be practiced sitting in a chair, or they were repetitive with other exercises once adapted to the seated position.

All four of the proprioceptive exercises are included as movements, but I left out the "proprioceptive" aspect of them in my online Chair Exercises course. I did this to keep things simple for the students who will be taking the course. Many of them will have limited mobility, and I didn't want them to have to deal with moving to another location in front of a mirror in order to do an exercise. However, if you are working one-on-one with a student who cannot do the floor exercises, please do teach them the proprioceptive exercises with a mirror if possible.

In this document, I've included the teaching scripts I used in the online Chair Exercises course. You can use these as a guide when teaching the exercises. In this document, the exercises are in the same order as you learned them in CEI Levels 1, 2 & 3.

The way I sequenced the exercises in the online Chair Exercises course is different than in the CEI Courses, and different than in the Level One & Two student courses. Here are the things that factored into the sequencing:

- Beginning by working with the core, then moving outward to work with the extremities.
- Being very aware of not over-doing it with one area of the body. As you will find when you practice the chair exercises, they can be quite fatiguing because you are holding your limbs up against the force of gravity.
- Keeping the Lessons short and simple, so that they are doable for someone with limited mobility (and potentially pain and other health conditions).

If you decide to teach group classes of the Chair Exercises – which would be wonderful, especially in a retirement home – there is no need to stick to the sequences I used in the Lessons of the online Chair Course. There are many great ways to sequence these exercises, just as there are many ways to sequence the floor exercises. When planning your classes, just make sure:

- That within the class you start by working with the core of the body, then move outward to the extremities.
- That you don't overdo it with any part of the body (take the time to do your class before you teach it!).
- Consider teaching short classes (30-45 minutes) instead of a full hour. If you teach an hour class, take breaks.
- To teach the concept of pandiculation. I think the most simple and straightforward way to do this is with the Upper Trapezius Release. That exercise, and Lower Belly Breathing and Arch & Flatten are the best way to start each class.

I used a lot of counting as a teaching tool in the Chair Exercises course. I did this because there is an even greater tendency to rush through movements when we're sitting up than when we're lying down. When you teach these exercises, use counting as much as you need to, and continually remind students to move extremely slowly.

If you plan on teaching the Chair Exercises in any capacity, even as the occasional exercise substitution, you should take the time to go through the online course and practice every Lesson for yourself. You'll be surprised by what you feel!

\*Most of the exercise names are the same. When they are different, I've included their “floor exercises” name in parentheses.

# CLINICAL SOMATICS CHAIR EXERCISES

## CEI Level 1

Upper Trapezius Release  
Arch & Flatten  
Back Lift  
Arch & Curl  
Hip Raises (aka Side Curl and Proprioceptive Exercise #2)  
Iliopsoas Release  
Hip Rotator Releases  
Diagonal Curl  
Washcloth

## CEI Level 2

One-sided Arch & Curl  
Diagonal Arch & Curl  
Hip Slides (aka Hip Raises)  
Hip Circles  
Calf Release  
Scapula Scoops Part 1  
Scapula Scoops Part 2  
Gluteal Release  
Quadriceps Release  
Flowering Arch & Curl  
Bending Side to Side (aka Proprioceptive Exercise #3)  
Rib Cage Shifts (aka Proprioceptive Exercise #4)

## CEI Level 3

Lower Back Release (aka Standing Hamstring Release)  
Seated Hamstring Release  
Foot Exercises  
Shin Release  
Shoulder Directions  
Shoulder, Elbow, Wrist & Hand Releases  
Head Lifts  
Face & Jaw Exercises  
Breathing Exercises  
Big X  
Inversion  
Pelvic Clock  
Steeple Movement  
Seated Twist

## NEUTRAL STARTING POSITION & SEATED AWARENESS

You can start by getting set up in your chair. You should be sitting in a chair with a flat seat; so, you don't want to feel like you're falling backward in the chair. Ideally, you should move forward in the chair so that you're not resting against the back of the chair. However, if you can't move forward and sit comfortably, then it's okay to move backward and get some support from the back of the chair.

You can rest your hands in your lap, or on the arms of the chair if it has arms, or by your sides – whatever is most comfortable for you. Your knees and feet should be pointing straight ahead. Your knees and feet should be about hip width distance apart. Your knees should be either at the same level as your hips or lower than your hips, so that your thighs are sloping downward a little. Your feet should be either directly below your knees or in front of your knees.

Close your eyes. Completely relax, and just focus on how your body feels today. Notice how your feet feel on the floor. Notice how your legs feel. Do your leg muscles feel tense at all? Notice how your hips feel. Do they feel tight or painful? Does one hip feel different than the other in any way?

Notice how your lower back feels. Does it feel tight or painful? Is it comfortable to sit in this position?

Notice how your upper back and shoulders feel. Do you feel any tension or pain in your upper back or shoulders? Does it feel like you're sitting up straight? Do you feel like your upper back and shoulders are rounding forward? Does one shoulder feel different than the other in any way? Is one shoulder higher or lower than the other?

Notice your neck and head. Do you feel any tension or pain in your neck? Do you feel like your head is sitting straight on top of your spine, or are you holding your head forward?

## TEACHING PANDICULATION USING THE UPPER TRAPEZIUS RELEASE

I'm going to start by teaching you a simple pandiculation. Pandiculation is the movement technique we use in Clinical Somatics to release chronic muscle tension. Once you understand how to do a pandiculation and what it's supposed to feel like, you'll be able to get the most benefit possible from all of the exercises in this series.

I encourage you to close your eyes while you do all of these movements. By closing your eyes, you take away all of the visual information that your brain would otherwise have to process, and you can focus your attention completely on your internal sensations and muscular control.

I'm going to teach you a pandiculation that releases your upper trapezius. The upper trapezius is on the top of your shoulders, connecting your shoulders to your neck. I'm going to count to eight, and as I count, you can slowly and gently raise your shoulders up toward your ears, as high as you want to. As you raise them up, focus on the sensation of your upper trapezius contracting.  
One...two...three....four....five.....six....seven....eight.

Now, hold your shoulders there for just a couple of seconds, noticing the gentle contraction of your upper trapezius. Now, lower down to my count of twenty.  
One....two...three....four....five.....six....seven....eight...nine...ten....eleven....twelve....thirteen...fourteen....fifteen....sixteen.....seventeen....eighteen....nineteen....twenty.

Now totally relax your shoulders, and make sure you're not holding on to any tension.

Great job. Releasing your muscles extremely slowly like that, and resisting gravity, is what makes pandiculations so effective. Now, because you're sitting up, you actually won't be resisting gravity in all of these movements. But, now you know what a pandiculation feels like, and you can always try to release your muscles as slowly as possible in all of these movements.

## LOWER BELLY BREATHING AND ARCH & FLATTEN

Start by bringing your attention to your breath. Bring your palms to your lower belly. Relax your belly muscles. As you inhale, imagine sending your breath straight downward. This will make your lower belly fill up like a balloon. Now, exhale as slowly as you can. Do this one more time, inhaling and sending your breath straight downward, filling up your lower belly. Then, exhale as slowly as you can. You should try to breathe like this, down into your lower belly, as you do all of these exercises.

Now you'll do a movement called the Arch & Flatten. Next time you inhale, very slowly roll your pelvis forward so that you're arching your lower back and sticking out your lower belly. As you roll your pelvis forward, notice your lower back muscles gently contracting. You might notice your hip flexors, on the fronts of your hips, gently contracting too. Now, exhale and breathe as much as you need to, and as slowly as you possibly can, release your lower back muscles to very slowly let your pelvis come back to a neutral upright position.

Let's do that one more time. Inhale down into your lower belly, and very slowly roll your pelvis forward so that you're arching your lower back and sticking out your lower belly. As you roll your pelvis forward, notice your lower back muscles gently contracting. Now, as slowly as you possibly can, release your lower back muscles to very slowly let your pelvis come back to a neutral upright position. You shouldn't be using any effort or force to come back to neutral; just slowly come back to neutral by releasing your lower back muscles.

So, that was the Arch, and now you'll do the Flatten. Start by taking a deep breath down into your lower belly, inhaling and sending your breath straight downward. Now, as you exhale, try to hollow out your belly and round your lower back. You'll be tucking your pelvis under this time, and contracting your abdominal muscles. When you're ready, very slowly and consciously release your abdominal muscles, slowly letting your pelvis come back to your neutral upright position.

Let's do that one more time. Take a deep breath down into your lower belly, inhaling and sending your breath straight downward. Now, as you exhale, try to hollow out your belly and round your lower back. You're tucking your pelvis under and contracting your abdominal muscles. When you're ready, very slowly release your abdominal muscles, slowly letting your pelvis come back to your neutral upright position.

Now I'll talk you through going back and forth from the Arch to the Flatten two times.

Start by inhaling down into your lower belly, and very slowly roll your pelvis forward so that you're arching your lower back and sticking out your lower belly. Notice your lower back muscles gently contracting. Now, as slowly as you possibly can, release your lower back muscles to very slowly let your pelvis come back to a neutral upright position. You shouldn't be using any effort or force to come back to neutral; just slowly come back to neutral by releasing your lower back muscles.

Once you're in your neutral position, take a deep breath down into your lower belly, inhaling and sending your breath straight downward. Now exhale, and try to hollow out your belly and round your lower back. You'll be tucking your pelvis under this time, and contracting your abdominal muscles. When you're ready, very slowly and consciously release your abdominal muscles, slowly letting your pelvis come back to your neutral upright position.

We'll do the whole Arch & Flatten one more time. Inhale down into your lower belly, and very slowly roll your pelvis forward so that you're arching your lower back and sticking out your lower belly. Notice your lower back muscles gently contracting. Now, as slowly as you possibly can, release your lower back muscles to very slowly let your pelvis come back to a neutral upright position. You shouldn't be using any effort or force to come back to neutral; just slowly come back to neutral by releasing your lower back muscles.

Once you're in your neutral position, take a deep breath down into your lower belly, inhaling and sending your breath straight downward. Now exhale, and try to hollow out your belly and round your lower back. You'll be tucking your pelvis under this time, and contracting your abdominal muscles. When you're ready, very slowly and consciously release your abdominal muscles, slowly letting your pelvis come back to your neutral upright position.

## BACK LIFT

Start in your neutral upright position. Inhale into your belly, sending your breath straight downward, and at the same time slowly arch your back fully, all the way from the bottom to the top of your spine. Let your head tip backward and your chest open up. You can gently squeeze your shoulder blades together in back if you want to. Now, you'll very slowly release back to neutral to my count of ten: One....two...three....four....five.....six....seven....eight...nine...ten. Completely relax here in neutral, and take one or two deep, slow breaths while you're relaxing.

Now, bring your right hand to your forehead, so that the back of your right fingers are resting against your forehead. Your right elbow should be pointing out to the side. If it's not comfortable for you to hold your arm up like this, you can leave your arm down where it was.

Now, inhale down into your lower belly, and slowly arch your back and start turning your head to the right, as if you're looking over your right shoulder. Feel the muscles of your back and shoulder gently contracting, and let your chest open up. Now, very slowly release back to neutral to my count of ten: One....two...three....four....five.....six....seven....eight...nine...ten. Completely relax here in neutral, and bring your arm down to rest, and take one or two deep, slow breaths while you're relaxing.

Let's do this on the other side. Bring your left hand to your forehead, so that the back of your left fingers are resting against your forehead. Your left elbow should be pointing out to the side. If it's not comfortable for you to hold your arm up like this, you can leave your arm down where it was.

Now, inhale down into your lower belly, and slowly arch your back and start turning your head to the left, as if you're looking over your left shoulder. Feel the muscles of your back and shoulder gently contracting, and let your chest open up. Now, very slowly release back to neutral to my count of ten: One....two...three....four....five.....six....seven....eight...nine...ten. Completely relax here in neutral, and bring your arm down to rest, and take one or two deep, slow breaths while you're relaxing.

I'm going to talk you through this movement one more time on the right and left side, but if you've had enough, you can feel free to just rest.

Bring your right hand to your forehead, so that the back of your right fingers are resting against your forehead, and your right elbow is pointing out to the side. Inhale down into your lower belly, and slowly arch your back and start turning your head to the right, as if you're looking over your right shoulder. Feel the muscles of your back and shoulder gently contracting, and let your chest open up.

Now, very slowly release back to neutral to my count of ten: One....two...three....four....five.....six....seven....eight...nine...ten. Completely relax here in neutral, and bring your arm down to rest, and take one or two deep, slow breaths while you're relaxing.

Now, bring your left hand to your forehead, so that the back of your left fingers are resting against your forehead, and your left elbow is pointing out to the side. Inhale down into your lower belly, and slowly arch your back and start turning your head to the left, as if you're looking over your left shoulder. Feel the muscles of your back and shoulder gently contracting, and let your chest open up.

Now, very slowly release back to neutral to my count of ten: One....two...three....four....five.....six....seven....eight...nine...ten. Completely relax here in neutral, and bring your arm down to rest, and take one or two deep, slow breaths while you're relaxing.



## ARCH & CURL

Bring your hands up behind your head and interlace your fingers. Relax your shoulders, which should allow your elbows to be pointing out to the sides, as much as is natural for you. You'll keep your arms in this position for this exercise. But, if this is uncomfortable for you, you can bring your arms down whenever you need to.

Inhale down into your lower belly, and roll your pelvis forward, arching your lower back. Let this arch go all the way up your spine, so that you're tipping your head backward. You can gently squeeze your shoulder blades together in back, so that your chest opens up. Feel your back muscles contracting. Now, very slowly and gently release to neutral to my count of eight: one...two....three...four...five....six...seven...eight.

Now we'll do the curl. Inhale down into your lower belly, letting your belly fill up. And now exhale, hollowing out your belly and gently contracting your stomach muscles. Tuck your pelvis under, rounding your lower back. Round forward all the way to the top of your spine, so that your head tips forward as much as is comfortable. Press your elbows together in front of your face, and feel the muscles across the front of your shoulders and neck contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of eight: one...two....three...four...five....six...seven...eight.

Let's do the Arch & Curl one more time. Inhale down into your lower belly, and roll your pelvis forward, arching your lower back. Let this arch go all the way up your spine, so that you're tipping your head backward. Gently squeeze your shoulder blades together in back, so that your chest opens up. Feel your back muscles contracting. Now, very slowly and gently release to neutral to my count of ten: one...two....three...four...five....six...seven...eight...nine....ten.

Now inhale down into your lower belly again, letting your belly fill up. And then exhale, hollowing out your belly and gently contracting your stomach muscles. Tuck your pelvis under, rounding your lower back. Round forward all the way to the top of your spine, so that your head tips forward as much as is comfortable. Press your elbows together in front of your face, and feel the muscles across the front of your shoulders and neck contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of ten: one...two....three...four...five....six...seven...eight....nine...ten.

Bring your arms down to rest, and completely relax.

## **HIP RAISES (aka Side Curl & Proprioceptive Exercise #2)**

You can either rest your hands on your thighs, or put your hands on the seat of your chair for a little extra support.

Start slowly lifting your right hip up toward your right armpit, and feel the muscles on the right side of your waist contract to lift up your hip. Notice that you're making a curve in your spine as you lift up your hip. Now, resist gravity and slowly release your hip down to my count of six: one....two....three...four...five....six. And just relax in your neutral place, and totally relax the muscles of your right waist.

Now you'll do that on your left side. Start slowly lifting your left hip up toward your left armpit, and feel the muscles on the left side of your waist contract to lift up your hip. Notice that you're making a curve in your spine as you lift up your hip. And notice how your left side feels different than your right side did. Now, resist gravity and slowly release your hip down to my count of six: one....two....three...four...five....six. And just relax in your neutral place, and totally relax the muscles of your left waist.

Let's do this one more time on each side. Slowly lift your right hip up toward your right armpit, and feel the muscles on the right side of your waist contract to lift up your hip. Now, resist gravity and slowly release your hip down to my count of eight this time: one....two....three...four...five....six....seven...eight. And just relax in your neutral place, and totally relax the muscles of your right waist.

Now slowly lift your left hip up toward your left armpit, and feel the muscles on the left side of your waist contract to lift up your hip. Now, resist gravity and slowly release your hip down to my count of eight: one....two....three...four...five....six...seven....eight. And just relax in your neutral place, and totally relax the muscles of your left waist.

## ILIOPSOAS RELEASE

This exercise is a release for the iliopsoas, which is an important hip flexor. It runs from your lumbar spine to the top of the femur bone of your thigh. When your iliopsoas contracts, it brings your knee in closer to your chest. When your iliopsoas is very tight, you might have lower back pain, hip pain, snapping in your hip joint, or one hip hiked up higher than the other.

Rest your arms and hands wherever they feel most comfortable. Inhale down into your lower belly, filling up your belly. Then, exhale and gently contract your abdominals, and tuck your pelvis under slightly as if you're doing a flatten with your lower back. Keep your abdominals contracted and your back flattened throughout this movement, but don't hold your breath.

With your abdominals still contracted, slowly lift your right knee up so that your foot comes off the floor. Just lift a few inches up. Now, release down to my count of eight: one...two....three...four...five.....six...seven...eight. And relax, and let go of your abdominals while you rest.

Now you can do this on the left side. Inhale down into your lower belly, filling up your belly. Then, exhale and gently contract your abdominals, and tuck your pelvis under slightly as if you're doing a flatten with your lower back.

With your abdominals still contracted, slowly lift your left knee up so that your foot comes off the floor. Just lift a few inches up. Now, release down to my count of eight: one...two....three...four...five.....six...seven...eight. And relax, and let go of your abdominals while you rest.

We'll do this movement one more time right and left. If that version of the movement felt challenging, you can just repeat it the same way. But, if you felt like you were able to do it easily, then try it this way.

Slide your right foot forward on the floor about six inches, so that your right heel is about in line with your left toes, but still hip width distance apart. You'll be lifting up and lowering down with this as your starting position, which makes the leg heavier and the movement more challenging.

Inhale down into your lower belly, filling up your belly. Then, exhale and gently contract your abdominals, and tuck your pelvis under slightly as if you're doing a flatten with your lower back. With your abdominals still contracted, slowly lift your right knee up so that your foot comes off the floor. Just lift a few inches up. Now, release down to my count of eight: one...two....three...four...five.....six...seven...eight. And relax, and let go of your abdominals while you rest.

Slide your right foot back so that it's in line with your left foot, and now slide your left foot forward about six inches. Inhale down into your lower belly, filling up your belly. Then, exhale and gently contract your abdominals, and tuck your pelvis under slightly as if you're doing a flatten with your lower back.

With your abdominals still contracted, slowly lift your left knee up so that your foot comes off the floor. Just lift a few inches up. Now, release down to my count of eight: one...two....three...four...five.....six...seven...eight. And relax, and let go of your abdominals while you rest.

## HIP ROTATOR RELEASES

These two exercises work with your hip rotators. For this first exercise, you do need to be sitting at the front of your seat. So, slide forward to the front of your seat. Have your knees and feet pointing straight ahead, hip width distance apart. Your thighs should be parallel to the ground or sloping slightly downward, and your ankles should be under your knees or forward of your knees. You can rest your hands on the front edge of your chair or wherever it's most comfortable for you.

Leaving your feet where they are, bring your right knee over toward your left knee, and gently contract your inner thigh muscles on the inside of your right thigh. Press your right knee against your left knee if you can. Now, slowly release your inner thigh muscles to my count of eight: one..two...three...four....five....six....seven...eight.

Now, keep your left foot where it is, but slide your right foot over to it. Let your right knee fall out to the side, and let your right foot be resting on its side against your left foot. From this starting position, very slowly lift your right knee up, only halfway, to my count of six: one...two...three...four...five...six. Feel your inner thigh muscles gently contracting. Now very slowly release your inner thigh muscles to my count of ten: one..two...three...four....five....six....seven...eight....nine...ten.

Repeat this one more time. Very slowly lift your right knee up, only halfway, to my count of six: one...two...three...four...five...six. Feel your inner thigh muscles gently contracting. Now very slowly release to my count of ten: one..two...three...four....five....six....seven...eight....nine...ten. Then, completely relax.

Let's do that sequence with your left leg. Bring your right leg back to your neutral starting position, with your knees and feet pointing straight ahead, hip width distance apart; your thighs parallel to the ground or sloping slightly downward, and your ankles under your knees or forward of your knees.

Leaving your feet where they are, bring your left knee over toward your right knee, and gently contract your inner thigh muscles on the inside of your left thigh. Press your left knee against your right knee if you can. Now, slowly release your inner thigh muscles to my count of eight: one..two...three...four....five....six....seven...eight.

Now, keep your right foot where it is, but slide your left foot over to it. Let your left knee fall out to the side, and let your left foot be resting on its side against your right foot. From this starting position, very slowly lift your left knee up, only halfway, to my count of six: one...two...three...four...five...six. Feel your inner thigh muscles gently contracting. Now very slowly release your inner thigh muscles to my count of ten: one..two...three...four....five....six....seven...eight....nine...ten.

Repeat this one more time. Very slowly lift your left knee up, only halfway, to my count of six: one...two...three...four...five...six. Feel your inner thigh muscles gently contracting. Now very slowly release to my count of ten: one..two...three...four....five....six....seven...eight....nine...ten. Then, completely relax.

Now we'll do a movement that works with your external hip rotators. You'll need to be sitting at the front of your seat for this one too, in your neutral starting position.

Slide your right foot out to the side about 12 to 18 inches. Let your right knee relax inward, and let the inside of your right foot rest on the floor. From this starting position, you'll be very slowly bringing your right knee back up and out, only halfway, to my count of six, and you should feel the muscles on

the outside of your right hip and buttocks gently contracting: one..two...three...four....five....six. Now, very slowly release those muscles to my count of ten:  
one..two...three...four....five....six....seven...eight....nine...ten.

Let's do this one more time. Very slowly bring your right knee back up and out, only halfway, to my count of six, and feel the muscles on the outside of your right hip and buttocks gently contracting: one..two...three...four....five....six. Now, very slowly release those muscles to my count of ten:  
one..two...three...four....five....six....seven...eight....nine...ten.

Now you can do this with your left leg. Bring your right leg and foot back to your neutral starting position. And then slide your left foot out to the side about 12 to 18 inches. Let your left knee relax inward, and let the inside of your left foot rest on the floor. Very slowly bring your left knee back up and out, only halfway, to my count of six, and you feel the muscles on the outside of your left hip and buttocks gently contracting: one..two...three...four....five....six. Now, very slowly release those muscles to my count of ten: one..two...three...four....five....six....seven...eight....nine...ten.

Do this one more time. Very slowly bring your left knee back up and out, only halfway, to my count of six, and feel the muscles on the outside of your left hip and buttocks gently contracting: one..two...three...four....five....six. Now, very slowly release those muscles to my count of ten:  
one..two...three...four....five....six....seven...eight....nine...ten.

## DIAGONAL CURL

Sit at the front of your seat if you can, but if you can't do this comfortably, you can move back in your seat. Your legs should be in your neutral starting position, and you can rest your arms wherever they're most comfortable.

Reach your right arm straight up in the air. Inhale down into your lower belly, and then as you exhale, tuck your pelvis under and contract your abdominals. Keep rounding your lower back and rounding forward, going toward your left knee. See if you can round forward so far that you touch your left foot with your right hand. Then, when you're ready, slowly and gently roll back up to where you started.

Now, inhale down into your lower belly again, and roll your pelvis forward to arch your lower back. And reach your right arm back on a diagonal, looking back and up to the right, and arching up through your entire back. When you're ready, slowly and gently release your lower back muscles to let your pelvis roll back to neutral, slowly coming back to your starting position.

Let's do the Diagonal Curl one more time with your right side. Be aware of the movement of your pelvis. First, inhale down into your lower belly, and then as you exhale, tuck your pelvis under and contract your abdominals. Keep rounding your lower back and rounding forward, going toward your left knee. See if you can round forward so far that you touch your left foot with your right hand. Then, when you're ready, slowly and gently roll back up to where you started.

Now, inhale down into your lower belly again, and roll your pelvis forward to arch your lower back. Reach your right arm back on a diagonal, looking back and up to the right, and arching up through your entire back. When you're ready, slowly and gently release your lower back muscles to let your pelvis roll back to neutral, slowly coming back to your starting position. And bring your right arm down to rest, and just relax.

Now you can do this exercise with your left side. Reach your left arm straight up in the air. Inhale down into your lower belly, and then as you exhale, tuck your pelvis under and contract your abdominals. Keep rounding your lower back and rounding forward, going toward your right knee. See if you can round forward so far that you touch your right foot with your left hand. Then, when you're ready, slowly and gently roll back up to where you started.

Now, inhale down into your lower belly again, and roll your pelvis forward to arch your lower back. And reach your left arm back on a diagonal, looking back and up to the left, and arching up through your entire back. When you're ready, slowly and gently release your lower back muscles to let your pelvis roll back to neutral, slowly coming back to your starting position.

Let's do this one more time. Inhale down into your lower belly, and then as you exhale, tuck your pelvis under and contract your abdominals. Keep rounding your lower back and rounding forward, going toward your right knee. See if you can round forward so far that you touch your right foot with your left hand. Then, when you're ready, slowly and gently roll back up to where you started.

Now, inhale down into your lower belly again, and roll your pelvis forward to arch your lower back. Reach your left arm back on a diagonal, looking back and up to the left, and arching up through your entire back. When you're ready, slowly and gently release your lower back muscles to let your pelvis roll back to neutral, slowly coming back to your starting position. Bring your left arm down to rest, and just relax.

## WASHCLOTH

This exercise is called the Washcloth. We'll learn the movement of the shoulders, and then we'll put it together with a twist through the whole spine.

Bring your arms out to the sides like the letter T, with the palms of your hands facing forward. Imagine that your arms are forming one long rolling pin. Start to slowly roll that rolling pin forward, so that your shoulders roll and press forward. Feel the muscles on the front of your shoulders contracting. Then, slowly and gently release that contraction, letting your shoulders roll back to neutral, to my count of eight: one...two....three...four...five....six....seven....eight.

Now, roll that rolling pin backward, so that your shoulders press backward, your chest opens up, and your palms face the ceiling. Feel the contraction of the muscles across the top of your back, behind and between your shoulder blades. Now, slowly and gently release that contraction, letting your shoulders roll back to neutral, to my count of eight: one...two....three...four...five....six....seven....eight. And bring your arms down to rest, and just relax for a moment.

Now you'll be rolling your shoulders in opposite directions. Bring your arms out to the sides like the letter T again, with your palms facing forward. Roll your right shoulder forward, and at the same time roll your left shoulder backward. Let your head turn to the left, and feel the twisting through your whole shoulder girdle, and notice what muscles you feel contracting. Now, slowly and gently to my count of eight, release those muscles to let your shoulders untwist back to neutral: one...two....three...four...five....six....seven....eight.

Now, roll your left shoulder forward, and at the same time roll your right shoulder backward. Let your head turn to the right, and feel the twisting through your whole shoulder girdle, and notice what muscles you feel contracting. Now, slowly and gently to my count of eight, release those muscles to let your shoulders untwist back to neutral: one...two....three...four...five....six....seven....eight. And bring your arms down to rest, and just relax for a moment.

Now you're going to be twisting through your entire spine. This full body movement is best done sitting at the front of your seat. So, if you're not already there, move forward to the front of your seat if you can.

Bring your legs and feet together so they're touching. Bring your arms out to the sides like the letter T again, with your palms facing forward. Roll your right shoulder forward, and at the same time roll your left shoulder backward. Let your head turn to the left, twist your entire upper body to the left, and let your knees move to the right. You should be feeling the muscles in your stomach and waist working to do this full spinal twist. Now, very slowly release everything to come back to center to my count of eight: one...two....three...four...five....six....seven....eight.

Now roll your left shoulder forward, and at the same time roll your right shoulder backward. Let your head turn to the right, twist your entire upper body to the right, and let your knees move to the left. You should be feeling the muscles in your stomach and waist working to do this full spinal twist. Now, very slowly release everything to come back to center to my count of eight: one...two....three...four...five....six....seven....eight. And, bring your arms down to rest, and just relax for a moment.

I'm going to talk you through that full Washcloth movement one more time on each side. Bring your arms out to the sides like the letter T, with your palms facing forward. Your legs and feet should be together, touching each other. Roll your right shoulder forward, and at the same time roll your left shoulder backward. Let your head turn to the left, twist your entire upper body to the left, and let your knees move to the right. You should be feeling the muscles in your stomach and waist working to do this full spinal twist. Now, very slowly release everything to come back to center to my count of eight: one...two....three...four...five.....six.....seven....eight.

Now roll your left shoulder forward, and at the same time roll your right shoulder backward. Let your head turn to the right, twist your entire upper body to the right, and let your knees move to the left. You should be feeling the muscles in your stomach and waist working to do this full spinal twist. Now, very slowly release everything to come back to center to my count of eight: one...two....three...four...five.....six.....seven....eight. And, bring your arms down to rest, and completely relax.



## ONE-SIDED ARCH & CURL

Bring your right hand up behind your head, and relax your right shoulder. If you can, lift up your right knee and hold the front of your right knee with your left hand. If you can't do this, then just keep your right leg down in your neutral starting position.

Inhale into your belly and roll your pelvis forward, arching your back. You should feel the arch happening mostly through your right hip, as if you're arching the right side of your lower back and sticking your right buttocks out behind you. You can arch your upper body as well, so that your right shoulder and elbow press backward. Now, release to my count of six: one...two...three...four...five...six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your right elbow down to touch your right knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two...three...four...five...six.

We'll do this one more time with your right side. Inhale into your belly and roll your pelvis forward, arching your back, feeling the arching in your right lower back and hip, all the way up to your chest and shoulder. Now, release very slowly to my count of six: one...two...three...four...five...six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your right elbow down to touch your right knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two...three...four...five...six. You can bring your right arm down, and your right leg down, and completely relax.

Now you can do this exercise with your left side. Bring your left hand up behind your head, and relax your left shoulder. If you can, lift up your left knee and hold the front of your left knee with your right hand. If you can't do this, then just keep your left leg down in your neutral starting position.

Inhale into your belly and roll your pelvis forward, arching your back. You should feel the arch happening mostly through your left hip, as if you're arching the left side of your lower back and sticking your left buttocks out behind you. You can arch your upper body as well, so that your left shoulder and elbow press backward. Now, release to my count of six: one...two...three...four...five...six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your left elbow down to touch your left knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two...three...four...five...six.

We'll do this one more time with your left side. Inhale into your belly and roll your pelvis forward, arching your back, feeling the arching in your left lower back and hip, all the way up to your chest and shoulder. Now, release very slowly to my count of six: one...two...three...four...five...six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your left elbow down to touch your left knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two...three...four...five...six. Now you can bring your left arm down, and your left leg down, and completely relax.

## DIAGONAL ARCH & CURL

Bring your right hand up behind your head, and relax your right shoulder. If you can, lift up your left knee and hold the front of your left knee with your left hand. If you can't do this, then just keep your left leg down in your neutral starting position.

Inhale into your belly and roll your pelvis forward, arching your back. You should feel the arch happening mostly through your left hip, as if you're arching the left side of your lower back and sticking your left buttocks out behind you. You can arch your upper body as well, so that your right shoulder and elbow press backward. Now, release very slowly to my count of six: one...two...three..four...five....six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your right elbow down diagonally toward your left knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two....three...four...five.....six.

We'll do this one more time on this side. Inhale into your belly and roll your pelvis forward, arching your back, feeling the arching in your left lower back and hip, and diagonally all the way up to your right chest and shoulder. Now, release very slowly to my count of six: one...two...three..four...five....six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your right elbow down diagonally toward your left knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two....three...four...five.....six. You can bring your right arm down, and your left leg down, and completely relax.

Now you can do this exercise with your other side. Bring your left hand up behind your head, and relax your left shoulder. If you can, lift up your right knee and hold the front of your right knee with your right hand. If you can't do this, then just keep your right leg down in your neutral starting position.

Inhale into your belly and roll your pelvis forward, arching your back. You should feel the arch happening mostly through your right hip, as if you're arching the right side of your lower back and sticking your right buttocks out behind you. You can arch your upper body as well, so that your left shoulder and elbow press backward. Now, release very slowly to my count of six: one...two...three..four...five....six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your left elbow down diagonally toward your right knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two....three...four...five.....six.

We'll do this one more time. Inhale into your belly and roll your pelvis forward, arching your back, feeling the arching in your right lower back and hip, and diagonally all the way up to your left chest and shoulder. Now, release very slowly to my count of six: one...two...three..four...five....six.

Inhale into your lower belly again, and then completely exhale, hollowing out your belly and gently contracting your stomach muscles. Round forward, and try to bring your left elbow diagonally down toward your right knee. Feel what muscles are contracting. Now, very slowly and gently release your abdominals, shoulders, neck and chest to my count of six: one...two....three...four...five....six. Now you can bring your left arm down, and your right leg down, and completely relax.

## **HIP SLIDES (aka Hip Raises)**

You can rest your hands wherever it feels most comfortable for you. Keep your feet where they are on the floor – imagine that they're stuck there. Slowly press your right hip and knee forward. They will just slide forward an inch or two. Feel the muscles of your right waist and abdomen contracting to help you do this movement. Now, very slowly release to my count of six: one....two....three...four...five....six. And just relax in your neutral place, and totally relax the muscles of your right waist.

Now, slowly press your left hip and knee forward. They will just slide forward an inch or two. Feel the muscles of your left waist and abdomen contracting to help you do this movement. Now, very slowly release to my count of six: one....two....three...four...five....six. And just relax in your neutral place, and totally relax the muscles of your left waist.

Let's do this one more time on each side. Slowly press your right hip and knee forward. Feel the muscles of your right waist and abdomen contracting to help you do this movement. Now, very slowly release to my count of eight: one....two....three...four...five....six...seven...eight. And just relax in your neutral place, and totally relax the muscles of your right waist.

Now, slowly press your left hip and knee forward. Feel the muscles of your left waist and abdomen contracting to help you do this movement. Now, very slowly release to my count of eight: one....two....three...four...five....six...seven...eight. And just relax in your neutral place, and totally relax the muscles of your left waist.

## HIP CIRCLES

Now you'll put the Hip Raises and Hip Slides together. You'll be lifting each hip and then shifting each hip forward in turn, making circles with your hips.

Start by slowly lifting up your right hip, feeling your right waist muscles contracting. While it's still lifted up, shift your hip forward, pressing your right hip and knee forward. Then, slowly release your muscles and let your right hip relax back to its neutral spot.

Now slowly lift up your left hip, feeling your left waist muscles contracting. While it's still lifted up, shift your hip forward, pressing your left hip and knee forward. Then, slowly release your muscles and let your left hip relax back to its neutral spot.

I'll talk you through this two more times on each side, and as you do this movement, notice how your right and left sides feel different.

Slowly lift up your right hip, feeling your right waist muscles contracting. While it's still lifted up, shift your hip forward, pressing your right hip and knee forward. Then, slowly release your muscles and let your right hip relax back to its neutral spot.

Now slowly lift up your left hip, feeling your left waist muscles contracting. While it's still lifted up, shift your hip forward, pressing your left hip and knee forward. Then, slowly release your muscles and let your left hip relax back to its neutral spot.

Slowly lift up your right hip, feeling your right waist muscles contracting. While it's still lifted up, shift your hip forward, pressing your right hip and knee forward. Then, slowly release your muscles and let your right hip relax back to its neutral spot.

Now slowly lift up your left hip, feeling your left waist muscles contracting. While it's still lifted up, shift your hip forward, pressing your left hip and knee forward. Then, slowly release your muscles and let your left hip relax back to its neutral spot.

And completely relax, and let go of all your muscle tension.

## **CALF RELEASE**

Now, slide your feet back so that your ankles are directly under your knees. Slowly press your right foot up to the ball of your foot, and notice your calf muscles contracting. Now, very slowly and consciously release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

Now do this with your left foot. Slowly press your left foot up to the ball of your foot, and notice your calf muscles contracting. Now, very slowly and consciously release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

We'll do this one more time right and left. Slowly press your right foot up to the ball of your foot, and notice your calf muscles contracting. Very slowly release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

Now slowly press your left foot up to the ball of your foot, and notice your calf muscles contracting. Now, very slowly release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

## SCAPULA SCOOPS PART 1

Now we'll do a series of movements that release your shoulder muscles. For these exercises, it's fine if you want to move to the back of your seat. Bring your hands up behind your head and interlace your fingers. If this is not comfortable for you, you can leave your arms and hands resting by your sides.

Start by lifting your right shoulder up toward your right ear. Notice the gentle contraction of your upper trapezius on the top of your shoulder. Now, release as slowly and as gently as you can to my count of 16: one...two....three...four...five....six.....seven...eight....nine....ten...eleven....twelve....thirteen...fourteen...fifteen.....sixteen. Releasing this slowly should take all of your mental focus.

When your right shoulder is completely relaxed, you can do this with your left shoulder. Slowly lift your left shoulder up toward your left ear. Notice the gentle contraction of your upper trapezius. Now release as slowly and as gently as you can to my count of 16: one...two....three...four...five....six....seven...eight....nine....ten...eleven....twelve....thirteen...fourteen...fifteen.....sixteen.

Now you'll explore the movement of your shoulders in the opposite direction. Slowly slide your right shoulder blade down your back. Notice what you feel contracting. Now, very slowly and gently release to allow your shoulder to come back up to my count of 8: one...two....three...four...five....six.....seven...eight.

When you've completely released your right shoulder, slowly slide your left shoulder blade down your back. Notice what you feel contracting. Then very slowly and gently release to allow your shoulder to come back up to my count of 8: one...two....three...four...five....six.....seven...eight.

Bring your arms down and relax for a moment. We're going to do two more movements with your arms up in that position, so it's good to take a break. And if that position is not comfortable for you, you can do these exercises with your arms resting by your sides.

Okay, bring your hands up behind your head and interlace your fingers again. This time, slowly lift both your shoulders up toward your ears. Notice your upper trapezius contracting. You might lift so far up that you feel the muscles on the front of your neck, under your chin, contracting. Now, release as slowly and as gently as you can to my count of 16: one...two....three...four...five....six.....seven...eight....nine....ten...eleven....twelve....thirteen...fourteen...fifteen.....sixteen.

When you've completely released your shoulders, go ahead and slide both your shoulders down your back. Notice what muscles you feel contracting, and notice that you might feel your shoulder blades coming together in back a little bit too. Now, release as slowly as you can, to my count of ten: one...two....three...four...five....six.....seven...eight....nine....ten.

Now, you're going to slide your shoulders in opposite directions. Slide your right shoulder up toward your right ear and at the same time, slide your left shoulder down your back. You might feel your head tipping toward the right a little bit, which is fine. Notice that you're creating a curve in your upper spine. Now, release as slowly as you can, to my count of 12: one...two....three...four...five....six.....seven...eight....nine....ten....eleven...twelve.

When you've completely released your shoulders, go ahead and slide your left shoulder up toward your left ear and at the same time, slide your right shoulder down your back. You might feel your head tipping toward the left, which is fine. Notice that you're creating a curve in your upper spine. Now, release as slowly as you can, to my count of 12: one...two....three...four...five....six.....seven...

eight...nine...ten...eleven...twelve. When you've released completely, bring your arms down to rest, and just relax.

## SCAPULA SCOOPS PART 2

We're going to do two more exercises with your shoulders. Bring your arms out to the sides like the letter T, with your palms facing forward. Now, bend your elbows and imagine that you're holding onto a big beach ball in front of you. You're going to make a big circle with your arms in front of you, and your fingertips should be about 6 inches apart. Imagine that you're squeezing the beach ball, so your shoulders should press forward and you should feel the muscles contracting across the front of your chest and shoulders.

Now, very slowly and gently release that contraction... and slowly bring your arms out to the sides, leaving your elbows bent.... When you feel like you've released the muscles of your chest, start bringing your shoulder blades together in back, contracting the muscles between your shoulder blades. Let your chest open up. When you're ready, slowly release to my count of six: one...two....three...four...five....six.

Let's do that one more time. Imagine that you want to squeeze that beach ball again. So, you're making a big circle with your arms, and your fingertips should be about 6 inches apart. Your shoulders are pressing forward and you should feel the muscles contracting across the front of your chest and shoulders.

Now, very slowly and gently release that contraction... and slowly bring your arms out to the sides, leaving your elbows bent.... When you feel like you've released the muscles of your chest, start bringing your shoulder blades together in back, contracting the muscles between your shoulder blades. Let your chest open up. When you're ready, slowly release to my count of six: one...two....three...four...five....six. And now you can let your arms come down to your sides, and completely relax.

We're going to do one more movement with the beach ball. Bring your arms up again and imagine that you're holding onto the beach ball, so you're making a big circle with your arms in front of you.

Now, keep holding that beach ball, and imagine that you want to turn to the right side to hand it to someone next to you. You'll be twisting through your waist and upper back, and you'll feel your right shoulder blade sliding closer to your spine in back, and your left shoulder pressing forward. Now, very slowly and gently release to come back to center.

When you've come back to center, you can do this to the other side. Slowly turn toward the left, twisting through your waist and upper back. You'll feel your left shoulder blade sliding closer to your spine in back, and your right shoulder pressing forward. Now, very slowly and gently release to come back to center.

When you've come back to center, you can bring your arms down to rest by your sides, and just relax.



## GLUTEAL RELEASE

Now you can move back in your seat and rest against the chair back if you want to. Lift up your right foot and rest it on your left thigh. Bring your hands under your right knee and interlace your fingers.

Press your right knee down into your hands, and feel your buttocks muscles contract on your right side. Start giving some resistance with your hands, so that your right knee and your hands are gently pressing against each other. Keep pressing your knee against your hands, but start letting your hands win the fight. It's like arm wrestling. Your knee is still pressing against your hands, but your hands are slowly winning. So, you're very slowly releasing your buttocks muscles on your right side. Slowly go as far as you can comfortably. When you get to the point where you can't press your knee against your hands anymore, then relax, and gently let your knee come down, and gently bring your right foot to the floor.

Now lift up your left foot and rest it on your right thigh. Bring your hands under your left knee and interlace your fingers.

Press your left knee down into your hands, and feel your buttocks muscles contract on your left side. Start giving some resistance with your hands, so that your left knee and your hands are gently pressing against each other. Keep pressing your knee against your hands, but start letting your hands win the fight. Your knee is still pressing against your hands, but your hands are slowly winning. You're very slowly releasing your buttocks muscles on your left side. Slowly go as far as you can comfortably. When you get to the point where you can't press your knee against your hands anymore, then relax, and gently let your knee come down, and gently bring your foot to the floor.

## QUADRICEPS RELEASE

We'll start with the quadriceps exercise. Start in your neutral starting position, at the front of your seat if possible. Make sure your ankles are either under your knees or in front of your knees. You'll be lifting up your right foot to the count of four, leaving your knee where it is. It's okay if you can't straighten your leg. One....two....three.....four.

Now, very slowly and gently, lower your foot down to the count of ten.: One....two....three.....four..... five.....six.....seven....eight....nine.....ten.

Now you can slowly lift up your left foot to the count of four: One....two....three.....four.

Now very slowly and gently, lower your foot down to the count of ten: One....two....three.....four..... five.....six.....seven....eight....nine.....ten.

We'll do this one more time right and left. Slowly lift up your right foot to the count of four: One....two....three.....four.

Very slowly and gently, lower your foot down to the count of ten: One....two.... three.....four..... five.....six.....seven....eight....nine.....ten.

Now you can slowly lift up your left foot to the count of four: One....two....three.....four.

Now very slowly and gently, lower your foot down to the count of ten: One....two....three.....four..... five.....six.....seven....eight....nine.....ten.

## FLOWERING ARCH & CURL

Come to the front of your seat, and get into your neutral starting position. Let your arms hang down by your sides in front of your seat. Rotate your arms inward so the backs of your hands are facing in toward you. The backs of your forearms should be pressing against your thighs.

Inhale into your lower belly, then exhale and do a flatten, contracting your abdominals. Roll your shoulders inward and forward and tuck your chin down. Feel the contraction across your chest and the front of your shoulders and neck. Now, very slowly and gently release to my count of 8: One....two....three.....four.....five.....six.....seven....eight. Let your arms come to rest to where your palms are facing in toward you.

Inhale into your lower belly again, and then exhale and do a flatten, contracting your abdominals. Press your shoulders up and forward, and tuck your chin down. Feel the contraction across your chest and the front of your shoulders and neck. Now, very slowly and gently release to my count of 8: One....two....three.....four.....five.....six.....seven....eight. Let your shoulders relax and open up a little more so that your palms are facing forward.

Inhale into your lower belly, and exhale and do a flatten, contracting your abdominals. Keeping your palms facing forward, press your shoulders up and forward, and tuck your chin down. Feel the contraction across your chest and the front of your shoulders and neck. Now, very slowly and gently release back to that same position to my count of 8: One...two...three...four....five.....six.....seven...eight.

Now inhale into your belly and roll your pelvis forward, arching your lower back. Roll your arms and shoulders outward, and arch through your upper back and open up your chest, and tip your head backward. Feel the contraction behind your shoulders and gently throughout your back. Very slowly and gently release to my count of 8: One....two....three.....four.....five.....six.....seven....eight.

Now we'll incorporate the legs and do the full movement. Bring your legs together so your knees and feet are touching. Rotate your arms inward so that the backs of your hands are facing inward. Inhale into your lower belly, then exhale and do a flatten, contracting your abdominals. Roll your shoulders inward and forward and tuck your chin down, and squeeze your knees together. Now, very slowly and gently release, letting your knees start to fall open while your feet stay together, to my count of 8: One....two....three.....four.....five.....six.....seven....eight.

In this resting place with your knees open, inhale down into your lower belly and roll your pelvis forward. Let your chin tip back, your shoulders roll open and your chest open up, your back arch, and your knees open up as far as is comfortable. Then when you're ready, very slowly and gently release everything to my count of 8: One....two....three.....four.....five.....six.....seven....eight.

We'll do that full movement two more times. Rotate your arms inward so that the backs of your hands are facing inward. Inhale into your lower belly, then exhale and do a flatten, contracting your abdominals. Roll your shoulders inward and forward and tuck your chin down, and squeeze your knees together. Now, very slowly and gently release, letting your knees start to fall open while your feet stay together, to my count of 8: One....two....three.....four.....five.....six.....seven....eight.

Now inhale down into your lower belly and roll your pelvis forward. Let your chin tip back, your shoulders roll open and your chest open up, your back arch, and your knees open up as far as is comfortable. Then when you're ready, very slowly and gently release everything to my count of 8: One....two....three.....four.....five.....six.....seven....eight.

One more time, rotate your arms inward so that the backs of your hands are facing inward. Inhale into your lower belly, then exhale and do a flatten, contracting your abdominals. Roll your shoulders inward and forward and tuck your chin down, and squeeze your knees together. Now, very slowly and gently release, letting your knees start to fall open while your feet stay together, to my count of 8: One....two....three.....four.....five.....six.....seven....eight.

Now inhale down into your lower belly and roll your pelvis forward. Let your chin tip back, your shoulders roll open and your chest open up, your back arch, and your knees open up as far as is comfortable. Then when you're ready, very slowly and gently release everything to my count of 8: One....two....three.....four.....five.....six.....seven....eight. And completely relax.

### **BENDING SIDE TO SIDE (aka Proprioceptive Exercise #3)**

You can either rest your hands on your thighs, or if you're sitting toward the front of your chair, you can let your arms hang straight down toward the floor.

Slowly tip your head to the right, letting your head bend toward the right, as if your right ear wants to move closer to the floor. Keep slowly bending to the right. If your arms are hanging down, your right hand will be moving closer to the floor. Feel your spine slowly curving toward the right. Get a sense of the muscles on the right side of your waist getting shorter and tighter as you bend.

Now, slowly let go of the muscles on the right side of your waist. As you release them, feel your right hip get heavier down into your chair, as if it's pressing down into your chair. Keep slowly releasing your right waist, very slowly coming back up to neutral. When you get all the way up, just rest in neutral for a moment, and completely relax the muscles of your right waist.

Now, slowly tip your head to the left, letting your head bend toward the left, as if your left ear wants to move closer to the floor. Keep slowly bending to the left. If your arms are hanging down, your left hand will be moving closer to the floor. Feel your spine slowly curving toward the left. Get a sense of the muscles on the left side of your waist getting shorter and tighter as you bend. And notice how your left side feels different than your right side did.

Now, slowly let go of the muscles on the left side of your waist. As you release them, feel your left hip get heavier down into your chair, as if it's pressing down into your chair. Keep slowly releasing your left waist, very slowly coming back up to neutral. When you get all the way up, just rest in neutral for a moment, and completely relax the muscles of your left waist.

Let's do this one more time on each side. Slowly tip your head to the right, letting your head bend toward the right. Keep slowly bending to the right. Feel your spine slowly curving toward the right. Get a sense of the muscles on the right side of your waist getting shorter and tighter as you bend.

Now, slowly let go of the muscles on the right side of your waist. As you release them, feel your right hip get heavier down into your chair, as if it's pressing down into your chair. Keep slowly releasing your right waist, very slowly coming back up to neutral. When you get all the way up, just rest in neutral for a moment, and completely relax the muscles of your right waist.

Now slowly tip your head to the left, letting your head bend toward the left. Keep slowly bending to the left. Feel your spine slowly curving toward the left. Get a sense of the muscles on the left side of your waist getting shorter and tighter as you bend.

Now, slowly let go of the muscles on the left side of your waist. As you release them, feel your left hip get heavier down into your chair, as if it's pressing down into your chair. Keep slowly releasing your left waist, very slowly coming back up to neutral. When you get all the way up, just rest in neutral for a moment, and completely relax the muscles of your left waist.

## **RIB CAGE SHIFTS (aka Proprioceptive Exercise #4)**

For this next exercise, you should start in your neutral starting position. If you need to move back in your seat, you can. In this exercise, you'll be sliding your rib cage to each side, and very slowly releasing back to center. This can be a tricky one, so just take it slow and be patient with it.

Keep your hips where they are, and just slowly shift your rib cage to the right, as if you're sliding it to the right. Notice what muscles are working. You'll probably notice the muscles on the left side of your waist and ribs contracting. Now, try to slowly and smoothly release those muscles to come back to center to my count of four: one...two....three...four.

Now you can go to the left side. Keep your hips where they are, and slowly slide your rib cage to the left. Notice the muscles on the right side of your waist and ribs contracting. Now, try to slowly and smoothly release those muscles to come back to center to my count of four: one...two....three...four.

We'll do this two more times to each side. Slowly slide your rib cage to the right, and notice the muscles on the left side of your waist and ribs contracting. Now, slowly and smoothly release those muscles to come back to center to my count of six: one...two....three...four....five...six.

Now slowly slide your rib cage to the left. Notice the muscles on the right side of your waist and ribs contracting. Now, slowly and smoothly release those muscles to come back to center to my count of six: one...two....three...four....five...six.

Now slowly slide your rib cage to the right, and notice the muscles on the left side of your waist and ribs contracting. Then slowly and smoothly release those muscles to come back to center to my count of eight: one...two....three...four....five...six...seven...eight.

One more time, slowly slide your rib cage to the left. Notice the muscles on the right side of your waist and ribs contracting. Then slowly and smoothly release those muscles to come back to center to my count of eight: one...two....three...four....five...six...seven...eight. And just completely relax.

## **LOWER BACK RELEASE (aka Standing Hamstring Release)**

We'll finish up this lesson with a release for your lower back. Move to the front of your seat, and get into your neutral starting position, with your knees and feet hip width distance apart, and your ankles below your knees or in front of your knees. I recommend putting your hands on your thighs or the front of your seat for support.

Very slowly, hinge forward at your hips, so that you're bending forward from your hips. When you've gone as far as you can comfortably, gently lift back up a little....Now, very slowly release forward again, to the count of eight, or longer if you want to..... You can do this a few more times if you want to, gently lifting up a little bit, and then very slowly and gently releasing back down to the count of eight or longer.

When you're done, press your hands into your thighs or your seat to help you slowly and gently come back up to your upright seated position.

## SEATED HAMSTRING RELEASE

For this exercise, you may want to rest your hands on the front of your seat for a little support. Slowly slide your right foot forward, keeping your toes on the floor for as long as possible, so that toward the end you're pointing your foot. When your leg is fully extended, keep your heel on the floor and flex your foot. Then, very slowly release the flexing....and slowly drag your foot back to where you started.

Repeat this two more times. Slowly slide your right foot forward, keeping your toes on the floor for as long as possible. When your leg is fully extended, keep your heel on the floor and flex your foot. Then, very slowly release the flexing....and slowly drag your foot back to where you started.

One more time, slowly slide your right foot forward, keeping your toes on the floor for as long as possible. When your leg is fully extended, keep your heel on the floor and flex your foot. Then, very slowly release the flexing....and slowly drag your foot back to where you started.

Now you can do this with your left leg. Slowly slide your left foot forward, keeping your toes on the floor for as long as possible, so that toward the end you're pointing your foot. When your leg is fully extended, keep your heel on the floor and flex your foot. Then, very slowly release the flexing....and slowly drag your foot back to where you started.

Again, slowly slide your left foot forward, keeping your toes on the floor for as long as possible. When your leg is fully extended, keep your heel on the floor and flex your foot. Then, very slowly release the flexing....and slowly drag your foot back to where you started.

One more time, slowly slide your left foot forward, keeping your toes on the floor for as long as possible. When your leg is fully extended, keep your heel on the floor and flex your foot. Then, very slowly release the flexing....and slowly drag your foot back to where you started.

Now we'll do a variation of that movement in which you can lift your leg up a little if you want to. Slowly slide your right foot forward, and when your leg is fully extended, flex your foot and lift your right leg up, only as high as is comfortable. Then, slowly lower your leg and foot down, and slowly drag your right foot back to where you started.

Let's do this on the left side now. Slowly slide your left foot forward, and when your leg is fully extended, flex your foot and lift your left leg up, only as high as is comfortable. Then, slowly lower your leg and foot down, and slowly drag your left foot back to where you started.

Let's do that one more time right and left. Slowly slide your right foot forward, and when your leg is fully extended, flex your foot and lift your right leg up, only as high as is comfortable. Then, slowly lower your leg and foot down, and slowly drag your right foot back to where you started.

Let's do this on the left side now. Slowly slide your left foot forward, and when your leg is fully extended, flex your foot and lift your left leg up, only as high as is comfortable. Then, slowly lower your leg and foot down, and slowly drag your left foot back to where you started. Now you can relax and move back in your seat and rest against the back of your chair.



## FOOT EXERCISES

These require that you lift up your foot and rest your foot on the opposite thigh. If you can't do this comfortably, you can just skip this exercise, or you can listen along and very slowly and consciously flex and point your feet.

Lift up your right foot and let your right ankle rest on your left thigh. Wrap your right hand over and underneath the toes and ball of your right foot. Your hand and your foot will be working against each other in this movement, and your hand will always win in the end. Press the ball of your right foot into your right hand, extending your ankle, and gently resist with your hand. Now, as slowly and as gently as you can, start releasing your foot, so that your foot is very, very slowly letting your hand win. Your right hand and arm should be working to pull your foot into a flexed position.

When your foot is completely released, just relax. You can repeat this movement one more time. Wrap your right hand over and underneath the toes and ball of your right foot. Press the ball of your right foot into your right hand, extending your ankle, and gently resist with your hand. Now, very slowly release and let your hand win, to my count of 8: one....two...three...four...five...six...seven....eight. Then relax and let go of your foot.

While you're in this position with your right ankle resting on your left thigh, you can do the opposite of that movement. Place your left hand on the top of your right foot. Flex your right foot, bringing your toes closer to your knee, and pressing the top of your foot into your left hand. Flex as far as you can comfortably, then start resisting with your left hand. Now, as slowly and with as much control as you can, start releasing the flexing of your foot, gradually allowing your left hand to push your foot back toward a neutral position. Your foot is resisting your hand, and your hand is very slowly winning.

When your foot has reached a neutral position, just relax. You can repeat this movement one more time. With your left hand on the top of your right foot, flex your right foot. Flex as far as you can comfortably, then start resisting with your left hand. Now, very slowly release and let your hand win to my count of 8: one....two...three...four...five...six...seven....eight. Then relax and let go of your foot.

Now you can do these movements with your left foot. Bring your right foot down, and lift your left foot up, and rest your left ankle on your right thigh. Wrap your left hand over and underneath the toes and ball of your left foot. Your hand and your foot will be working against each other in this movement, and your hand will always win in the end.

Press the ball of your left foot into your left hand, extending your ankle, and gently resist with your hand. Now, as slowly and as gently as you can, start releasing your foot, so that your foot is very, very slowly letting your hand win. Your left hand and arm should be working to pull your foot into a flexed position.

When your foot is completely released, just relax. You can repeat this movement one more time. Wrap your left hand over and underneath the toes and ball of your left foot. Press the ball of your left foot into your left hand, extending your ankle, and gently resist with your hand. Now, very slowly release and let your hand win, to my count of 8: one....two...three...four...five...six...seven....eight. Then relax and let go of your foot.

Now, place your right hand on the top of your left foot. Flex your left foot, bringing your toes closer to your knee, and pressing the top of your foot into your right hand. Flex as far as you can comfortably, then start resisting with your right hand. Now, as slowly and with as much control as you can, start releasing the flexing of your foot, gradually allowing your right hand to push your foot back toward a neutral position. Your foot is resisting your hand, and your hand is very slowly winning.

When your foot has reached a neutral position, just relax. You can repeat this movement one more time. With your right hand on the top of your left foot, flex your left foot. Flex as far as you can comfortably, then start resisting with your right hand. Now, very slowly release and let your hand win to my count of 8: one....two...three...four...five...six...seven....eight. Then relax and let go of your foot. And bring your left foot down to the floor, and completely relax.

## SHIN RELEASE

For this series of leg and foot exercises, it's best if you can sit toward the front of your seat. Rest your arms wherever they're comfortable. Get into your neutral starting position, and slide your feet about a foot in front of your knees.

Slowly flex your right foot, and notice your shin muscles, on the front of your lower leg, contracting. Now, very slowly and consciously release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

Now do this with your left foot. Slowly flex your left foot, and notice your shin muscles contracting. Now very slowly and consciously release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

We'll do that one more time right and left. Slowly flex your right foot, and notice your shin muscles contracting. Very slowly and consciously release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

Now slowly flex your left foot, and notice your shin muscles contracting. Very slowly and consciously release those muscles to my count of 8: one....two...three....four....five....six....seven...eight.

## SHOULDER DIRECTIONS

For this exercise, you can be sitting back in your seat and resting against your chair back. Let your arms rest by your sides. First, lift your right shoulder up toward your right ear, only as high as is comfortable for you. Notice your upper trapezius contracting. Now, very slowly and gently release that contraction to let your shoulder come down to my count of 16: one...two...three...four...five...six...seven...eight...nine...ten... eleven....twelve....thirteen....fourteen....fifteen....sixteen.

Now, slide your right shoulder down toward your hip, feeling the muscles under your armpit contracting. When you're ready, don't bring your shoulder back up, but slowly release to allow it to come back up to my count of eight: one...two...three...four...five...six...seven...eight.

Let's do that one more time. Slowly lift your right shoulder up toward your right ear, and notice your upper trapezius contracting. Then very slowly and gently release that contraction to let your shoulder come down to my count of 16: one...two...three...four...five...six...seven...eight...nine...ten...eleven....twelve....thirteen....fourteen....fifteen....sixteen.

Now slide your right shoulder down toward your hip, feeling the muscles under your armpit contracting. When you're ready, very slowly release to allow it to come back up to my count of eight: one...two...three...four...five...six...seven...eight.

Now you can do that sequence with your left shoulder. Lift your left shoulder up toward your left ear, only as high as is comfortable for you. Notice your upper trapezius contracting. Now, very slowly and gently release that contraction to let your shoulder come down to my count of 16: one...two...three...four...five...six...seven...eight...nine...ten...eleven....twelve....thirteen....fourteen....fifteen....sixteen.

Now, slide your left shoulder down toward your hip, feeling the muscles under your armpit contracting. When you're ready, don't bring your shoulder back up, but slowly release to allow it to come back up to my count of eight: one...two...three...four...five...six...seven...eight.

One more time, lift your left shoulder up toward your left ear, and notice your upper trapezius contracting. Then very slowly and gently release that contraction to let your shoulder come down to my count of 16: one...two...three...four...five...six...seven...eight...nine...ten...eleven....twelve....thirteen....fourteen....fifteen....sixteen.

Now slide your left shoulder down toward your hip, feeling the muscles under your armpit contracting. When you're ready, very slowly release to allow it to come back up to my count of eight: one...two...three...four...five...six...seven...eight.

Now you'll work with the forward and backward movement of your shoulder. Slowly press your right shoulder forward, and feel your pectoral muscle on the front of your shoulder contracting. When you've pressed it as far forward as you want to, very slowly release to my count of ten: one...two...three...four...five...six...seven...eight...nine...ten.

Now you can move your shoulder in the opposite direction – slowly press your right shoulder backward, and feel the contraction of the muscles between your shoulder blade and your spine. Then very slowly release to my count of ten: one...two...three...four...five...six...seven...eight...nine...ten.

Let's do this one more time. Slowly press your right shoulder forward, and feel your pectoral muscle on the front of your shoulder contracting. Then, very slowly release to my count of ten:

one...two...three...four...five...six...seven...eight...nine...ten. Now, slowly press your right shoulder backward, and feel the contraction of the muscles between your shoulder blade and your spine. Then very slowly release to my count of ten: one...two...three...four...five...six...seven...eight...nine...ten.

Now you can do that sequence with your left shoulder. Slowly press your left shoulder forward, and feel your pectoral muscle on the front of your shoulder contracting. Then very slowly release to my count of ten: one...two...three...four...five...six...seven...eight...nine...ten.

Now slowly press your left shoulder backward, and feel the contraction of the muscles between your shoulder blade and your spine. Then very slowly release to my count of ten:  
one...two...three...four...five...six...seven...eight...nine...ten.

One more time, slowly press your left shoulder forward, and feel your pectoral muscle on the front of your shoulder contracting. Then, very slowly release to my count of ten:  
one...two...three...four...five...six...seven...eight...nine...ten.

Now, slowly press your left shoulder backward, and feel the contraction of the muscles between your shoulder blade and your spine. Then very slowly release to my count of ten:  
one...two...three...four...five...six...seven...eight...nine...ten.

Okay, now that you've explored the movement of your shoulder in these four basic directions, you can start to explore a larger range of motion by doing some shoulder circles. Start by lifting your right shoulder up toward your ear, as far as you can go comfortably but without forcing it.

Now very slowly start moving your right shoulder forward, starting to make a circle. This will be a very slow, big circle. Keep moving in that direction and move your shoulder down toward your right hip, or the bottom of the circle. Then continue the circle and press your shoulder back behind you. Then slowly finish up the circle, bringing your shoulder up toward your ear. Then slowly release and let your shoulder relax down to its neutral position.

Now you can do a big circle in the opposite direction. Lift your right shoulder all the way up to your ear, and then start moving your right shoulder backward to start making that big circle. See how smooth and round you can make this circle. Keep moving your shoulder very slowly in this direction, bringing your shoulder down toward your right hip. Continue in this direction, slowly pressing your shoulder forward. And then slowly finish up the circle, bringing your shoulder up toward your ear. Then, slowly release and let your shoulder relax down to its neutral position.

Now you can do those circles with your left shoulder. Start by lifting your left shoulder up toward your ear, as far as you can go comfortably but without forcing it. Now very slowly start moving your left shoulder forward, starting to make a big, slow circle. Keep moving in that direction and move your shoulder down toward your left hip, or the bottom of the circle. Then continue the circle and press your shoulder back behind you. Then slowly finish up the circle, bringing your shoulder up toward your ear. Then slowly release and let your shoulder relax down to its neutral position.

Now you can do a big circle in the opposite direction. Lift your left shoulder all the way up to your ear, and then start moving your left shoulder backward to start making that big circle. See how smooth and round you can make this circle. Keep moving your shoulder very slowly in this direction, bringing your shoulder down toward your left hip. Continue in this direction, slowly pressing your shoulder forward. And then slowly finish up the circle, bringing your shoulder up toward your ear. Then, slowly release and let your shoulder relax down to its neutral position, and completely relax.

## SHOULDER, ELBOW, WRIST & HAND RELEASES

For this exercise, it may be easiest to sit at the front of your seat in your neutral starting position so that your arms can hang down. Let your arms hang straight down by your sides, with your palms facing in toward your body.

Slowly flex your elbows and lift up your hands. Leaving your elbows where they are, bring your hands all the way up as far as you can toward your shoulders. Feel the contraction in your biceps and in the crease of your elbows. Now, very slowly release that contraction to my count of 16, very slowly letting your hands come all the way down, and resisting gravity all the way down. One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...fourteen...fifteen...sixteen.

This time, very slowly lift your hands up just to 90 degrees, so your hands are level with your elbows. In this position, flex your wrists sideways so that your thumbs come toward your elbows. Now, very slowly and consciously release to my count of six: One...two...three...four...five...six. And now slowly release your hands all the way back down to my count of eight: One...two...three...four...five...six...seven...eight. And relax.

Now, with your arms hanging by your sides, rotate your arms so that your palms are facing forward. Slowly flex your elbows and lift up your hands. Leaving your elbows where they are, bring your hands all the way up as far as you can toward your shoulders. Feel the contraction in your biceps and in the crease of your elbows. Now, very slowly release that contraction to my count of 16, very slowly letting your hands come all the way down, and resisting gravity all the way down. One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...fourteen...fifteen...sixteen.

This time, very slowly lift your hands up just to 90 degrees, so your hands are level with your elbows. In this position, flex your wrists so that your palms come toward you. Now, very slowly and consciously release to my count of six: One...two...three...four...five...six. Now flex your wrists in the opposite direction, and then slowly and gently release to the count of four: one...two...three...four.

Now, make a fist with both hands, contracting the muscles of your palms. Slowly release to my count of four: one...two...three...four. Then spread out your fingers and stretch out your palms...and very slowly release. Now slowly release your biceps and let your hands come all the way back down to my count of eight: One...two...three...four...five...six...seven...eight. And relax.

Now you can move back in your seat and rest against your chair back. Hold your right hand in front of you. Squeeze the thumb and pinky finger of your right hand together. Now, bring the thumb and first two fingers of your left hand in between your right thumb and pinky. Start pressing your left thumb against your right thumb, and your left fingers against your right pinky. You're still squeezing your right thumb and pinky together, but your left hand is very slowly pushing them apart. It should take you to the count of ten or twelve to fully release. You should keep squeezing your right thumb and pinky finger together until you reach your fully released position. You can repeat this movement one more time if you want to.

Squeeze the thumb and pinky finger of your right hand together. Now, bring the thumb and first two fingers of your left hand in between your right thumb and pinky. Start pressing your left thumb against your right thumb, and your left fingers against your right pinky. Release to the count of ten or longer: one...two...three...four...five...six...seven...eight...nine...ten.

Now you can do that with your left hand. Hold your left hand in front of you. Squeeze the thumb and pinky finger of your left hand together. Now, bring the thumb and first two fingers of your right hand in between your left thumb and pinky. Start pressing your right thumb against your left thumb, and your right fingers against your left pinky. You're still squeezing your left thumb and pinky together, but your right hand is very slowly pushing them apart. It should take you to the count of ten or twelve to fully release. You should keep squeezing your left thumb and pinky finger together until you reach your fully released position. You can repeat this movement one more time if you want to.

Squeeze the thumb and pinky finger of your left hand together. Now, bring the thumb and first two fingers of your right hand in between your left thumb and pinky. Start pressing your right thumb against your left thumb, and your right fingers against your left pinky. Release to the count of ten or longer: one...two...three...four...five...six...seven...eight...nine...ten. And then bring your hands down to rest, and completely relax. We tend to hold a lot of tension in our hands, so from now on, start noticing when your hands feel tense or curled up in a fist, and just take a moment to relax and let go of that tension.

## HEAD LIFTS

You can sit in your neutral starting position at the front of your seat, or you can move back to rest against the back of your chair.

Without making any other movements, very slowly press your head forward, so your head is jutting out in front of your body. Now, release extremely slowly and gently, to my count of ten: one...two...three...four...five...six...seven...eight...nine...ten. And relax.

We'll do that one more time, and as you release, notice what muscles you're releasing to allow your head to move back into alignment on top of your spine. You'll probably notice that you have to let go of your upper abdominals, your chest, and muscles in your neck. So, without making any other movements, very slowly press your head forward, so your head is jutting out in front of your body. Now, release extremely slowly and gently, to my count of ten: one...two...three...four...five...six...seven...eight...nine...ten. And relax.

From now on, whenever you're sitting down or as you go through your daily activities, start to become aware of how you're holding your head. You can practice this exercise anytime during your day, but always remember to close your eyes and do it extremely slowly, releasing gently and consciously to the count of ten.



## FACE & JAW EXERCISES

Now we'll do some movements that release the muscles in the face, and then we'll do movements that release the muscles that move the jaw. You can move back in your seat and rest against your chair back, and relax.

If your eyes aren't closed already, close them now. Slowly raise your eyebrows, contracting your forehead muscles. Then, slowly release to my count of eight: one, two, three, four, five, six, seven, eight. And relax. Again, slowly contract your forehead muscles, lifting your eyebrows all the way up, and release slowly to my count of eight: one, two, three, four, five, six, seven, eight. And relax.

Now, squeeze your eyes shut, and slowly release to my count of ten: one, two, three, four, five, six, seven, eight, nine, ten. And relax. Notice all the little muscles that were helping you to squeeze your eyes shut. Each time you practice releasing slowly, you'll find that your control has improved and it's easier to release slowly. Let's do that one more time. Squeeze your eyes shut, all the way, and slowly release to my count of ten: one, two, three, four, five, six, seven, eight, nine, ten. Completely relax and let go of all the tension in your face.

Now, I want you to smile – make the biggest smile that you can, and notice all the muscles that are helping you smile. Then, slowly release to my count of eight: one, two, three, four, five, six, seven, eight. And relax. One more time, smile as widely as you can. Then, slowly release to my count of eight: one, two, three, four, five, six, seven, eight. And relax.

Now, purse your lips and make a kissy face. Slowly release to my count of eight: one, two, three, four, five, six, seven, eight. And relax. One more time, purse your lips and make a kissy face. Slowly release to my count of eight: one, two, three, four, five, six, seven, eight. And relax.

Now we'll do movements that work with the muscles that control the movement of the jaw. First, clench your jaw. Then, release slowly to my count of four: one, two, three, four...and relax, and let your jaw completely relax, so that there is some space between your upper and lower teeth.

Now, slowly open your jaw all the way to my count of twelve: one, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve. When your jaw is all the way open, release as slowly as you can, to the count of twelve or even longer if you want. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve....and relax.

Again, clench your jaw... then, release slowly to my count of four: one, two, three, four...and relax, and let your jaw completely relax, so that there is some space between your upper and lower teeth.

Now, slowly open your jaw all the way to my count of twelve: one, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve. When your jaw is all the way open, release as slowly as you can, to the count of twelve or even longer if you want. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve....and relax.

Now, shift your jaw to the right, and notice what muscles you're using to do the movement. Release those muscles slowly, to the count of six: one, two, three, four, five, six. And relax.

Now shift your jaw to the left, noticing what muscles you're using, and then slowly release to the count of six: one, two, three, four, five, six. And relax.

Again, shift your jaw to the right, and notice what muscles you're using. Release those muscles slowly, to the count of six or longer if you can: one, two, three, four, five, six...And relax.

Now shift your jaw to the left, noticing what muscles you're using, and then slowly release to the count of six or longer: one, two, three, four, five, six. And relax.

Now you'll make circles with your jaw. Stay relaxed as you do these circles, and don't tense up. If you feel like you're using a lot of effort, or if you feel any pain or discomfort, make your circles smaller. First open your mouth, bringing your jaw downward. Then, bring your jaw around to the right...then upward so that you're bringing your lower lip closer to your nose...then around to the left...and then downward again...and one more circle in this direction, bringing your jaw around to the right...then upward...then to the left...then downward.....and then slowly release, and relax, and let your jaw be completely relaxed.

Now you can do circles in the other direction. Open your mouth, bringing your jaw downward. Then, bring your jaw around to the left...then upward so that you're bringing your lower lip closer to your nose...then around to the right...and then downward again...and one more circle in this direction, bringing your jaw around to the left...then upward...then to the right...then downward.....and then slowly release, and relax, and let your jaw be completely relaxed.

## BREATHING EXERCISES

You can move back in your seat and rest against the back of your chair. Bring your palms to your lower belly. Imagine that your belly is a big balloon, and you want to inhale and fill up that balloon as much as possible. Then just let the air slowly leak out as you exhale.

In order to take a really full inhale and let your belly expand, you'll have to relax and let go of your abdominal muscles. We are always taught to hold our belly muscles tight so that we can stand up straight and not have our stomachs stick out. So, letting go of these muscles to take a really full breath can be difficult.

We usually don't think about the muscles involved in breathing, because they are controlled automatically by our brain. But the muscles involved in breathing can be controlled by our conscious mind as well – that's what you're doing right now. The biggest muscle involved in breathing is the diaphragm. The diaphragm is a large sheet of muscle that separates your thoracic cavity, or the upper half of your trunk which contains your heart, lungs and ribs, from your abdominal cavity - the lower half of your trunk which contains your organs and intestines.

As you inhale, your diaphragm contracts and presses down toward your belly, drawing air into your lungs and forcing your belly to expand out to the front. As you exhale, your diaphragm releases, pressing back up and forcing the air out of your lungs. We don't usually think of breathing as being a movement, but it is – it's a contraction and then release of muscles. So, as you inhale, imagine your diaphragm slowly contracting and pressing down toward your belly. Then see how slowly you can release your diaphragm, as you slowly exhale. Take a few more breaths like this, inhaling fully down into your lower belly, and then exhaling and releasing as slowly as you can. (give time....)

Now let's try something different. Instead of breathing down into your lower belly, I want you to inhale up into your chest, letting your lungs expand, and not letting your belly stick out. It will feel like you're gasping for air. Then, relax, and let the air out. Try this a few more times, and ask yourself – is this a relaxing way to breathe? Could you fall asleep breathing like this?

When you've taken a few breaths like this, up into your chest, just relax and breathe normally. Many people go through their daily lives breathing up into their chest, and they don't realize how it contributes to their stress level. Periodically throughout your day, take a few moments to remind yourself to breathe down into your lower belly, and notice how it immediately relaxes you. If you can train yourself to breathe down into your belly most of the time, you'll find that your overall stress level is reduced.

Now, let's try to gain even more control over the muscles involved in breathing. Bring your hands up to rest on the sides of your rib cage, your right hand resting on the right side of your ribs, and your left hand resting on the left side of your ribs. Stay relaxed, and as you inhale through your nose, visualize the air going just into the right side of your lungs, expanding the right side of your ribs out to the right side. Then slowly exhale. Don't move or shift around to try to make this happen. Just relax and visualize the air going into the right side of your lungs, and with practice it will happen. You're gaining conscious control of your intercostal muscles in between your ribs. Try this two more times, slowly inhaling and visualizing the air going just into the right side of your lungs, expanding the right side of your ribs out to the right side, and then slowly exhaling. (give time)

Try that on the left side now. Stay relaxed, and as you inhale through your nose, visualize the air going just into the left side of your lungs, expanding the left side of your ribs out to the left side. Then slowly exhale. Try this two more times, inhaling and visualizing the air going just into the left side of your lungs, expanding the left side of your ribs out to the left side, and then slowly exhaling. (give time) When you're done, just relax and breathe normally.

Now bring your hands down to rest on your lower belly, your right hand on the right side of your belly and your left hand on the left side of your belly. Stay relaxed, and as you inhale through your nose, visualize the air going just into the right side of your lower belly, expanding the right side of your belly out into your right hand. Then slowly exhale. Again, don't shift around to try to make this happen. Try this two more times, inhaling and visualizing the air going in through your nostrils and down to the right side of your lower belly, inflating the right side of your belly...and then slowly exhaling. (give time)

Try that on the left side now. Stay relaxed, and as you inhale through your nose, visualize the air going just into the left side of your lower belly, expanding the left side of your belly out into your left hand. Then slowly exhale. Try this two more times, inhaling and visualizing the air going in through your nostrils and down to the left side of your lower belly, inflating the left side of your belly...and then slowly exhaling. (give time)

Trying to have this much control over the muscles involved in breathing may feel impossible right now, but with practice it becomes much easier.

## **BIG X**

For this exercise, it's best if you can sit toward the front of your seat. Get into your neutral starting position. Bring both arms straight up in the air above your head. Now reach your right arm as high as you can, as if you want to touch the ceiling. Feel your right side elongate and your right hip press down into your seat.

Now gently relax back to center and reach your left arm as high as you can, trying to touch the ceiling. Feel your left side elongate and your left hip press downward. Notice your right side getting shorter, and your spine bending to the right. Then gently relax back to center.

Let's do that two more times right and left. Reach your right arm as high as you can. Feel your right side get long and your right hip press down, and feel your left side get shorter and your spine curve to the left.

Now gently relax back to center, and reach your left arm as high as you can. Feel your left side elongate and your left hip press downward, and feel your right side get shorter and your spine curve to the right. Then gently relax back to center.

Reach your right arm as high as you can. Feel your right side get long and your right hip press down, and feel your left side get shorter and your spine curve to the left.

Then gently relax back to center, and reach your left arm as high as you can. Feel your left side elongate and your left hip press downward, and feel your right side get shorter and your spine curve to the right. Then gently relax back to center, and let your arms come down, and completely relax.

Now we'll do that exercise again, but this time you'll be reaching diagonally up and forward, and feeling a slight twist in your spine. Bring both arms up in the air, diagonally up and forward. Reach your right arm as far in this direction as you can. Feel your right side elongate and your right hip press down and slide forward. Notice your left side twisting back, and your left shoulder pulling back and down. Then, gently relax back to center.

Now reach your left arm as far as you can. Feel your left side elongate and your left hip press down and slide forward. Notice your right side twisting back, and your right shoulder pulling back and down. Then, gently relax back to center.

Let's do this two more times right and left. Reach your right arm as far as you can. Feel your right side elongate and your right hip press down and slide forward. Feel your left side twisting back, and your left shoulder pulling back and down. Then, gently relax back to center. Now reach your left arm as far as you can. Feel your left side elongate and your left hip press down and slide forward. Feel your right side twisting back, and your right shoulder pulling back and down. Then, gently relax back to center.

Reach your right arm as far as you can. Feel your right side elongate and your right hip press down and slide forward. Feel your left side twisting back, and your left shoulder pulling back and down. Then, gently relax back to center. Now reach your left arm as far as you can. Feel your left side elongate and your left hip press down and slide forward. Feel your right side twisting back, and your right shoulder pulling back and down. Then, gently relax back to center, and bring your arms down, and completely relax.

## INVERSION

The last exercise in this lesson is called Inversion. You can do this one seated at the front of your chair, or if you need to, you can move back in your seat for more support. Rest your arms and hands wherever it's comfortable for you. Your legs should be in your neutral starting position, with knees and feet hip width distance apart, and ankles under your knees or slightly forward of your knees.

Inhale down into your lower belly, and as you exhale, let your right knee start falling out to the side while you lift your right foot up, as if you're trying to look at the underside of your right foot. You should naturally be twisting your upper body gently to the right, so that your right shoulder starts moving backward. Now, slowly release back down to neutral to my count of four: one...two...three....four.

Do this movement with your left side now. Inhale down into your lower belly, and as you exhale, let your left knee start falling out to the side while you lift your left foot up, as if you're trying to look at the underside of your left foot. You should naturally be twisting your upper body gently to the left, so that your left shoulder starts moving backward. Now, slowly release back down to neutral to my count of four: one...two...three....four.

We'll do this one more time right and left. Inhale down into your lower belly, and as you exhale, let your right knee start falling out to the side while you lift your right foot up, as if you're trying to look at the underside of your right foot. You should naturally be twisting your upper body gently to the right, so that your right shoulder starts moving backward. Now, slowly release back down to neutral to my count of six this time: one...two...three....four....five...six.

One more time, inhale down into your lower belly, and as you exhale, let your left knee start falling out to the side while you lift your left foot up, as if you're trying to look at the underside of your left foot. You should naturally be twisting your upper body gently to the left, so that your left shoulder starts moving backward. Now, slowly release back down to neutral to my count of six this time: one...two...three....four....five...six. And now, just completely relax.

## PELVIC CLOCK

It's best if you can sit toward the front of your seat to do this exercise, but if that isn't comfortable for you, you can move back in your seat. Imagine a clock on the seat of your chair. When you roll your pelvis forward into an arch, you're rolling to 12 o'clock. When you roll your pelvis backward and tuck it under into a flatten, you're rolling to 6 o'clock. Three o'clock is under your right hip, and 9 o'clock is under your left hip. We're going to be making some half circles and full circles around this clock.

Start by gently rolling your pelvis forward to 12 o'clock, arching your lower back. Now, slowly start making a circle toward the right, toward 3 o'clock under your right hip. Then continue in that direction, slowly moving to 6 o'clock, where you'll be tucking your pelvis under. Then, reverse direction and come back the same way, slowly coming around the right side of your clock to 3 o'clock, and then slowly coming to 12 o'clock.

Do that half circle one more time. Slowly start making a circle toward the right, toward 3 o'clock under your right hip. Continue in that direction, slowly moving to 6 o'clock, where you're tucking your pelvis under. Then, reverse direction and come back the same way, slowly coming around the right side of your clock to 3 o'clock, and then slowly coming to 12 o'clock. When you've reached 12 o'clock, slowly and gently release the arching of your lower back to let your pelvis come to its neutral upright position.

Now you can do these half circles with the other half of your clock. Start by gently rolling your pelvis forward to 12 o'clock, arching your lower back. Now, slowly start making a circle toward the left, toward 9 o'clock under your left hip. Then continue in that direction, slowly moving to 6 o'clock, where you're tucking your pelvis under. Then, reverse direction and come back the same way, slowly coming around the left side of your clock to 9 o'clock, and then slowly coming to 12 o'clock.

Do that half circle one more time. Slowly start making a circle toward the left, toward 9 o'clock under your left hip. Then continue in that direction, slowly moving to 6 o'clock, where you're tucking your pelvis under. Then, reverse direction and come back the same way, slowly coming around the left side of your clock to 9 o'clock, and then slowly coming to 12 o'clock. When you've reached 12 o'clock, slowly and gently release the arching of your lower back to let your pelvis come to its neutral upright position.

Now you can do full circles around your clock. Start by gently rolling your pelvis forward and arching to 12 o'clock. Then slowly and gently start making a clockwise circle to the right, making a nice slow, smooth circle toward 3 o'clock...and then to 6 o'clock....and then to 9 o'clock...and then to 12 o'clock. Continue in this direction and do one more slow, smooth circle, moving to 3 o'clock...and then to 6 o'clock....and then to 9 o'clock...and then to 12 o'clock. When you're done, slowly release the arching of your back, and let your pelvis come to its neutral upright position.

Now you can do full circles in the other direction. Start by gently rolling your pelvis forward and arching to 12 o'clock. Then slowly and gently start making a counterclockwise circle to the left, making a nice slow, smooth circle toward 9 o'clock...and then to 6 o'clock....and then to 3 o'clock...and then to 12 o'clock. Continue in this direction and do one more slow, smooth circle, moving to 9 o'clock...and then to 6 o'clock....and then to 3 o'clock...and then to 12 o'clock. When you're done, slowly release the arching of your back, and let your pelvis come to its neutral upright position. And just relax.

## STEEPLE MOVEMENT

It's best if you can do this sitting at the front of your seat. Start in your neutral starting position. Bring your arms straight out in front of you at the level of your shoulders, and bring your palms together. Your elbows and wrists should be straight and locked. You're making a triangle with your arms and your shoulder girdle.

Now, start slowly rotating your upper body toward the right, keeping that triangle intact. So, you're not bending either of your elbows, and you're not letting your hands slide apart. You may not be able to rotate very far, but that's okay. Now, very slowly release to come back to center to my count of 8: one...two....three...four....five...six....seven...eight.

Now start slowly rotating toward the left, keeping that triangle intact, with your elbows and wrists locked and your palms together. Feel the contraction in your waist muscles as they work to rotate the core of your body. When you're ready, very slowly release your waist muscles to come back to center to my count of eight: one...two....three...four....five...six....seven...eight.

Let's do that movement one more time right and left. Slowly rotate your upper body toward the right, keeping your triangle intact. Only go as far as you can comfortably while keeping your elbows straight and your palms together. Now, very slowly release your waist muscles to come back to center to my count of 8: one...two....three...four....five...six....seven...eight.

Now slowly rotate toward the left. Only go as far as you can comfortably while keeping your elbows straight and your palms together. Feel the contraction in your waist muscles as they work to rotate the core of your body. When you're ready, very slowly release your waist muscles to come back to center to my count of eight: one...two....three...four....five...six....seven...eight. Then bring your arms down to rest, and just relax.

We're going to do this movement one more time to each side, and this time you'll be bringing your legs into the movement. Bring your legs together so that your knees and feet are touching. Bring your arms straight out in front of you at the level of your shoulders, with your palms together.

Start slowly rotating your upper body toward the right, keeping that triangle intact. At the same time, slowly bring your knees to the left, so you're twisting through your entire spine. Feel your waist and abdominal muscles working. Now, very slowly release to come back to center to my count of 8: one...two....three...four....five...six....seven...eight.

Now start slowly rotating your upper body toward the left, keeping that triangle intact, and bring your knees to the right. Feel the twist through your entire spine and feel your waist and abdominal muscles working. Then, very slowly release to come back to center to my count of eight: one...two....three...four....five...six....seven...eight. And then bring your arms down to rest, and completely relax.



## SEATED TWIST

For this exercise, it's best if you can sit toward the front of your seat. Start in your neutral starting position. To start this movement, you can keep your eyes open. Bring your left hand up to rest on your right shoulder.

Keep your hips where they are – don't let them shift forward or backward – and start slowly turning your upper body to the right. Remember, keep your hips exactly where they are. You may not be able to turn very far because you're not allowed to move your hips. Find a point on the wall that you can see to mark your starting point. Now slowly rotate back to center.

Again, keeping your hips where they are, slowly turn to the right as far as you can comfortably. Look for your point on the wall and notice if you've gone any farther this time. Now slowly rotate back to center.

This time, you can let your hips move as you turn to the right. Go ahead and turn to the right, and notice your right hip moving backward and your left hip moving forward. Just turn as far as is comfortable for you. Find a point on the wall that you can see to mark your new starting point. Now, close your eyes, and keep them closed. Slowly and gently rotate back to center.

Keeping your eyes closed, slowly turn to the right again, noticing what you feel in your body as you're turning. Go as far as you can comfortably. Then, slowly rotate back to center, with your eyes still closed. One more time, slowly turn to the right, and go as far as you can comfortably. Then, you can open your eyes, and see if you've rotated farther than where you started.

Stay here in your fully rotated position, and you can keep your eyes open. Slowly and gently turn just your head all the way to the left. Then, very slowly turn your head all the way to the right. Do this two more times, very slowly and gently, turning all the way to the left and then all the way to the right.

When you're done, slowly and gently come back to center. Then you can bring your left arm down to rest, and completely relax.

Now we'll do this on the left side. Start in your neutral starting position, sitting toward the front of your seat. You can start with your eyes open. Bring your right hand up to rest on your left shoulder.

Keep your hips where they are – don't let them shift forward or backward – and start slowly turning your upper body to the left. Remember, keep your hips exactly where they are. You may not be able to turn very far because you're not allowed to move your hips. Find a point on the wall that you can see to mark your starting point. Now slowly rotate back to center.

Again, keeping your hips where they are, slowly turn to the left as far as you can comfortably. Look for your point on the wall and notice if you've gone any farther this time. Now slowly rotate back to center.

This time, you can let your hips move as you turn to the left. Go ahead and turn to the left, and notice your left hip moving backward and your right hip moving forward. Just turn as far as is comfortable for you. Find a point on the wall that you can see to mark your new starting point. Now, close your eyes, and keep them closed. Slowly and gently rotate back to center.

Keeping your eyes closed, slowly turn to the left again, noticing what you feel in your body as you're turning. Go as far as you can comfortably. Then, slowly rotate back to center, with your eyes still closed. One more time, slowly turn to the left, and go as far as you can comfortably. Then, you can open your eyes, and see if you've rotated farther than where you started.

Stay here in your fully rotated position, and you can keep your eyes open. Slowly and gently turn just your head all the way to the right. Then, very slowly turn your head all the way to the left. Do this two more times, very slowly and gently, turning all the way to the right and then all the way to the left.

When you're done, slowly and gently come back to center. Then you can bring your right arm down to rest, and completely relax.