

FREE YOUR BREATHE FREE YOUR MIND

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Ujjayi Breathing

- A balancing and calming breath which increases oxygenation and builds internal body heat
- Inhalation and exhalation are both done through the nose. Sound is created by narrowing the airway as air passes in and out – as it would narrow with a whisper. Try whispering as you breath in and out.
- The length and speed of the breath is controlled by the diaphragm
- You will feel a faint rubbing/vibration in the throat
- The inhalation and exhalation are equal in duration and are controlled in a manner that causes no distress



Chair Yoga

- Begin by sitting on the edge of a chair with your feet placed squarely on the floor about hip distance apart, toes facing straight forward.
- Place your palms flat on your thighs, and feel length in your spine—head balanced over heart, heart balanced over hips.
- Inhale and exhale evenly for five counts each.
- Repeat inhale/exhale 2 times.

Shoulder Rolls and Stretch



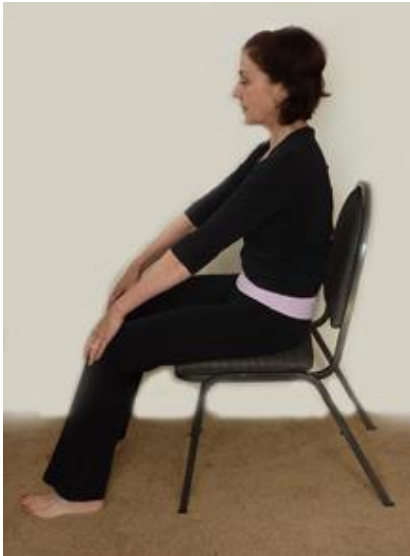
- Circle your shoulders by slowly rolling them up, back and down
- On the fourth roll, interlace your fingers behind your back with your arms as straight as you are able to make them
- If you don't have room behind you, reach back and hold onto the outside edges of the back of your chair and stretch your shoulders and chest

Seated Side Stretch



- Inhale and lift your arms overhead, taking hold of your left wrist with your right hand.
- As you exhale, bend to the right. Stay there for two breaths.
- As you inhale, come back up to vertical and change wrists.
- Exhale, and bend to the left. Stay there for two breaths.
- Inhale back up to a tall spine.
- Exhale, release your arms down to your side

Seated Cat/Cow



- Place hands on your knees. As you inhale, lift your chest, and arch the back
- As you exhale, tuck your pelvis and pull your navel in toward the spine, round your spine back toward the back of the chair – keep your head in line with your spine – don't drop the head.
- As you move, inhale and exhale deeply and feel the broadness of the back of the body
- Repeat 3 more times

Seated Spinal Twist



- Inhale. As you exhale, twist your upper body to the right, starting from the base of the spine. You can place your left hand on the outside of your right thigh and your right hand on the back of your chair.
- As you look over your right shoulder, move your eyes to the upper right corner of your eyes and then the lower right corner. Repeat 2 X
- Close your eyes as you untwist back to center
- Repeat to the other side

Seated Forward Bend



- Move your feet out slightly wider than hip distance and
- Engage your abdominal muscles as you begin to fold your upper body over your legs, letting your upper body fall through your thighs. You may be able to reach the floor with your palms flat
- Otherwise, try to hold onto your ankles or shins - the goal is to let your head drop lower than your hips and relax the head and neck
- You may grab onto your elbows or let your arms drop to the floor
- Engage your abdominal muscles and slowly roll up and find length in your spine.

Seated Mountain Pose

- Place both arms down by your side and as you inhale slowly for 4 counts reach arms out and up with palms facing up while lifting arms overhead
- Exhale as you move arms down with palms facing towards the floor as you exhale for 4 counts.
- Repeat 4 times



Namaste!



- Bring your knees back to center, hip distance, sit up tall
- Take 2 deep cleansing breaths as you raise your arms up overhead and back down
- On the third breath, bring the palms of your hands together, with the thumbs touching your chest
- Close your eyes and breath normally for a few seconds