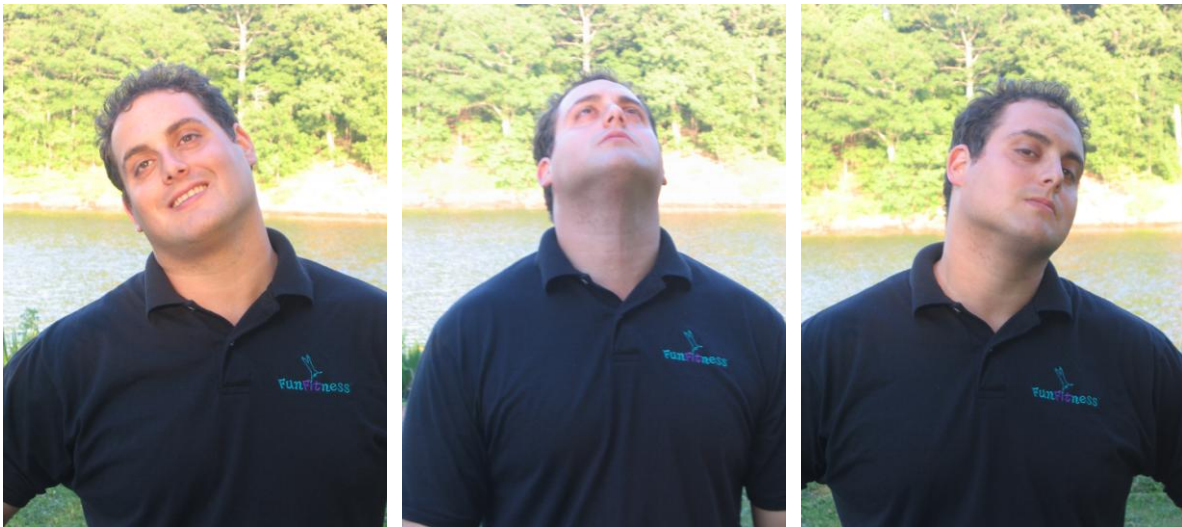


Body and Mind Handout

This handout is meant to accompany the Body and Mind Workshop. Before beginning any physical fitness program, you should always consult your personal physician for their recommendations.

The full body stretch begins from the neck and continues down the body to the ankles. Each stretch is to be done for 5 rotations each direction or 5 pulses. Breathing must be done during all stretching. The order of the stretching is as follows:

1. Head Rotation



Head Rotation

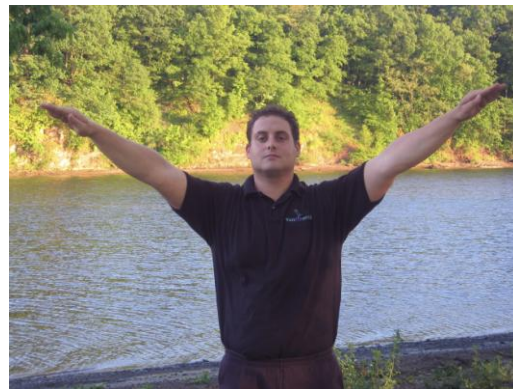
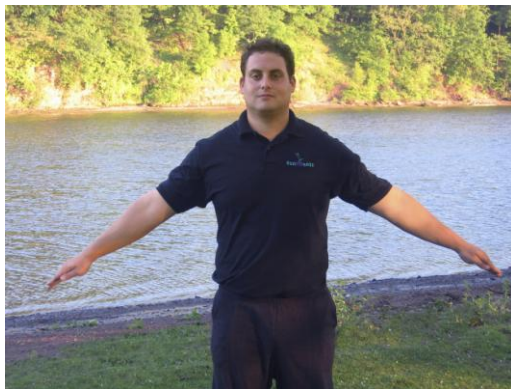
2. Neck Stretches: up/down, left/right, ear to each shoulder
3. Weight of the World: Breathe in and shrug shoulders for 3 seconds, then instruct client to breathe out and let go of everything outside the session. (The client will be able to focus more on their workout if they are not distracted by outside events.)

4. Shoulder Rolls



Shoulder Roll

5. Arm Circles: small to increasingly large



Arm Circle

6. Big Hugs: Swing arms back and forth. Palms out for chest, then palms down for biceps.

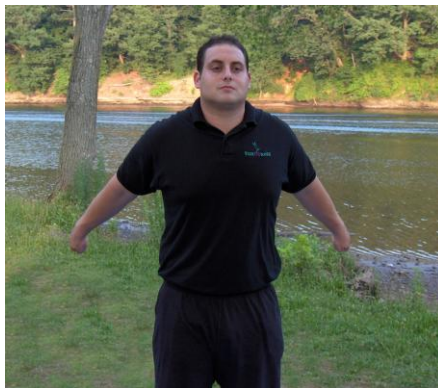


Big Hug, Palms Out



Big Hug, Palms Down

7. Arms Up and Back: Swing arms upward to stretch shoulders and triceps.



Arms Up and Back

8. Home Chiropractic Kit (torso rotation, elbows out): Client twists gently while breathing.



Home Chiropractic Kit

9. Tai Chi Twists (torso rotation, spaghetti arms): Arms are dead weight. Client increases flexibility in the waist and generates greater circulation to their internal organs. It also helps to realign the vertebrae and heal back pain.



Tai Chi Twist

10. Waist Rotations



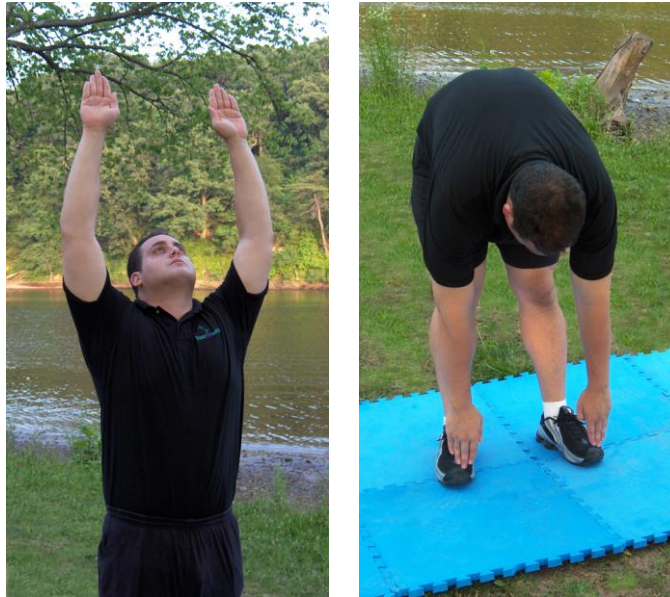
Waist Rotation

11. Boxer's Roll: Draw a large circle in the air with your chin.



Boxer's Roll

12. High Five, Low Five



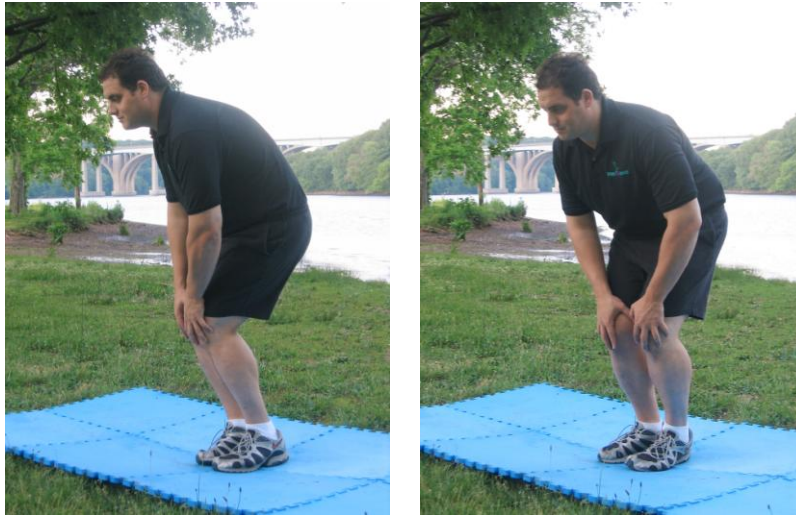
High Five, Low Five

13. Side Bends



Side Bend

14. Knee Rotations



Knee Rotation

15. Crane Ankle Rotations: If you lose balance, place your finger in your bellybutton.



Crane Ankle Rotation

16. Swims to Front (seated, feet apart)



Swim to Front

17. Twist and Reach



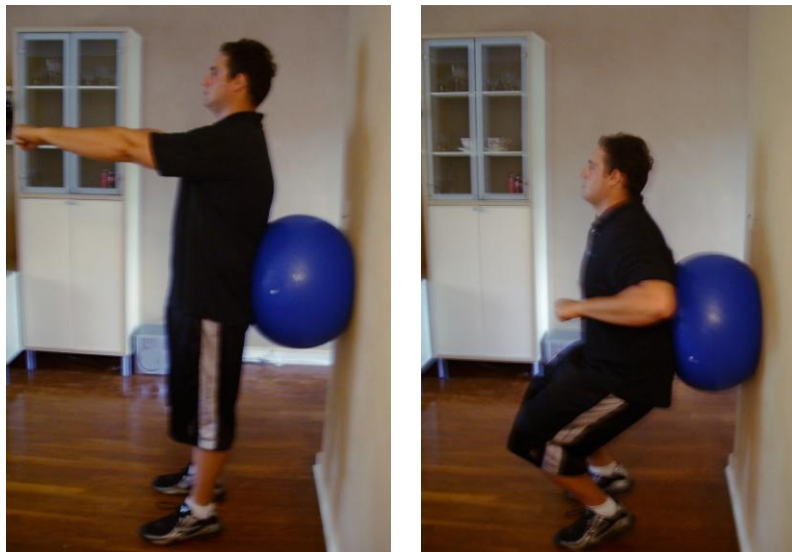
Twist and Reach

Super Squats



The Super Squat

Super Squats: The Super squats focus not only on the muscles of the legs; they also strengthen the tendons and ligaments in the knees and ankles. The modification for the full body super squat is done using a Swiss ball (see below for picture). The ball is placed in the lower back against a wall. Go through the arm motion, then come off your heels and proceed to bend the knees. Whether you do complete full repetitions or hold the position isometrically (without movement) the legs get a tremendous workout.



The Modified Super Squat

Power Push-ups:



The Full Power Push-up

The Full Power Push-up can be modified if you do not have the strength to do a full body Power Push-up. Attempting this on your knees will allow you to be more successful. Start with the body weight shifted back and begin the push-up. Shift your body weight from the rear to the front of the body. Same form and breathing applies. Whether you complete full repetitions or hold the position isometrically, the upper body will get a tremendous workout.





The Modified Power Push-up

Lower back strengthening

Full Superman: Lie down on your stomach. In one motion, raise both your upper and lower body. Using Lamaze breathing, shift your body weight left and right to simulate actual flying. If you cannot lift both the upper and lower body, then start at Lower Superman. Make sure your arms are at their sides. This exercise can be done either with a pulsing motion or isometrically. If you cannot raise your upper body off the ground, they must be placed in the Lumbar Power program.



**Full Superman
(Arms in front for more tension)**



**Lower Back Raise
(Lower Superman)**

1. Planks – Lamaze breathing is used during this exercise. Make sure the buttocks do not arch up too much or that will take away from the abdominal stress.



Lower back stretching

Lay on your back, holding both knees into your chest. Then drop your entire body over to one side. Let go of the knees and twist your upper body the opposite direction. Breathe into your lower backs, feeling your rib cage expand and contract. Then twist your upper body back and grab onto your knees again. Then turn your body to the other side. Repeat.



Static (Relax into the stretch) Lower Back Stretch

If you do not feel enough of a stretch, straighten out your bottom leg and move the foot off of straightened leg.



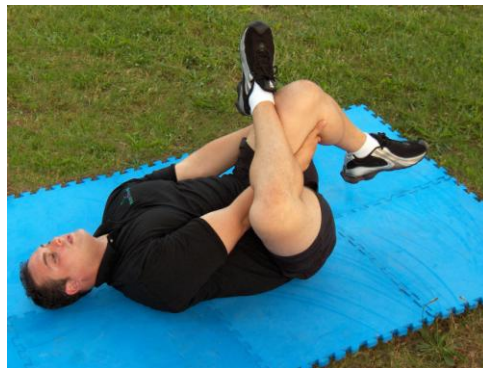
Static Lower Back Stretch

If you still need to stretch out back more, sit up and cross one foot over the other leg. Using your arms, twist your body away from your knee and hold stretch for 3-5 breaths. Then switch directions, then switch legs.



Static Lower Back Stretch

1. Glutes Stretch – Lay on your back, crossing one leg over opposite knee. Place hands around hamstring and interlace fingers. Pull hamstring towards your body. For an increased stretch, interlace fingers around shin and pull.



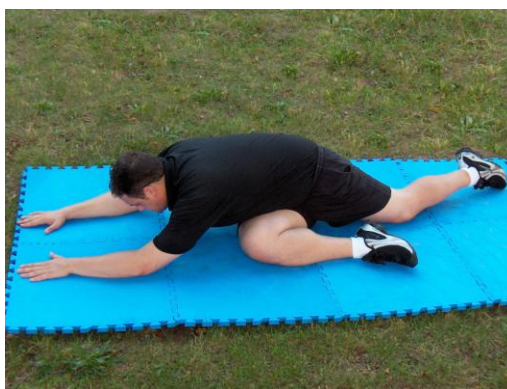
Butt Stretch

Lateral Gluteus Maximus Stretch (Side Butt Stretch) – Lay on back, one leg straight. They bend your other leg 90°. Place the hand opposite your bent knee over the outside of the knee and pull the knee across your body either dynamically or statically. The important key is to keep the stretching buttock on the ground.



Lateral Gluteus Maximus Stretch

Piriformis Stretch – Place your right knee on the ground roughly in line with your left shoulder. The right foot should be just in front of the left knee. Then press your hips towards the ground so that your body weight is on the right leg. As you move down the right knee comes closer to the left shoulder. You should feel a gentle pull deep in the right hip / buttocks.



Piriformis Stretch

Calm Body, Calm Mind Meditation

Play calm relaxing wordless music in a dark, warm environment. Lay down on the ground facing up with one hand on your stomach and the other on your chest. If you cannot lay down, relax in a comfortable chair and place one hand on your stomach. Picture a beach or other calm environment that you enjoy. Imagine yourself laying in the sand without a towel. Take a breath in for 6 seconds. Focus on having the hand on your stomach rise while the other hand stays still. Breathe out and let the hand on your stomach gently fall. Continue breathing at 6 second intervals. When you breathe in, picture the water gliding over your feet. As you breathe out imagine the water gently wash away your feet like sand. On your next breathe in, imagine the water gliding over your legs. On the next breath out, picture the water washing away your legs. Repeat this breathing until you wash away your entire body. Then take 10 more deep breaths and repeat the thought, "calm body, calm mind" to yourself.

Do this exercise for 2 weeks daily for 10 minutes a day. When you feel stressed out, try finding a quiet area if you can and take a deep breath in and out and say to yourself "calm body, calm mind" and your brain should bring you back to the previous calm state. That is, only if you want to be calm. Sometimes we like being upset. However negativity often spreads to happy people who do not deserve it. If you won't breathe in for you, breathe in for them.

Breathing

Abdominal Breathing: This has you focus your breathing away from the lungs, to the diaphragm. The diaphragm is the most efficient muscle of breathing. It is large and dome-shaped, located at the base of the lungs. Your abdominal muscles help move the diaphragm and give you more power to empty your lungs. Abdominal breathing is essential when doing drills that get the clwinded or out of breath. After a drill or exercise that winds you, the natural tendency is for you to continue breathing quickly and heavily. Whether it is instinctive or intentional, it does not help you regain their wind quickly. Breathing with your diaphragm will help you regain your wind. To understand abdominal breathing, Place one hand on your chest and the other over your stomach. Try to breathe in without moving your chest while moving your stomach up and down.

Lamaze Breathing: Obstetrician Fernand Lamaze developed his birthing philosophy after observing techniques for "painless childbirth" on a 1951 trip to Russia. These techniques were based on the work of Ivan Pavlov, the Russian psychologist who argued that the brain plays a major part in the perception of pain. This form of continuous breathing helps women work through pain and continuous physical stress on the body. The body, under stress, stops breathing. When you get scared, you stop breathing for a moment. (One way many people have taught their babies to get used to going underwater is to blow quickly in their face. This causes the child to immediately hold their breath.) During the last few repetitions of heavy weight lifting, we tend to accidentally hold our breaths and strain harder. The Lamaze breathing technique will allow you to hold isometric exercises longer and with more control. When you do not focus on the lactic acid building up or your muscles stressing, you will focus more on holding the exercise longer and reaching new physical goals.