

MINDFUL SEATED MOVEMENT

“Motion is lotion”

A guide to maintaining mobility of the body, calming the nervous system and strengthening the mind.



Compiled by Yoshi Inada-Lane, Registered Chiropractor & Yoga Instructor

PLEASE READ CAREFULLY:

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Consult your physician or other health care provider before starting this or any other fitness program to determine if it is right for your needs. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. This guide is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment.

How to use this guide:

Follow the sequence of movements or pick and choose a couple of them throughout the day.

All of the movements can be done anywhere and only require the use of a chair

With any exercise or movement, always listen to your body, ensuring that you don't over exert.

GROUNDING

Sit in a comfortable, seated position, feet firmly planted on the ground. Allow your shoulders to sink away from you ears, feeling the crown of your head gently ascending. Gently spread your toes, trying to feel the base of the big toe, little toe and the heel. Allow the belly button to gently draw in towards the spine. Feel your body's weight on the chair through your sit bones. Try to shift your weight side to side, to feel an even weight being distributed between both sides.

Allow the hands to feel soft and relaxed, whilst keeping the muscles of the face, neck and mouth relaxed. Place the tongue on the roof of the mouth to separate the teeth.

Inhale for 3 seconds, gently exhaling for 5 seconds. Repeat for 10 breaths.

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FLEXION AND EXTENSION

Inhale slowly, gently lifting your gaze up towards the ceiling. Exhale slowly bringing your chin towards your chest. Ensure that you only move within your pain free range of motion. Repeat 10 times.



LATERAL FLEXION

Gentle drop your left ear towards your left shoulder, ensuring that the shoulder doesn't lift. Hold for one breath, then slowly return your head back to the centre. Alternate to your right side. Repeat both sides 10 times.

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ROTATION

Start by gently rotating the head towards your left. When beginning this movement always try to begin by moving the head as far as you would if you were shaking your head. Slowly return back to the centre. Repeat 10 times, observing any change side to side and being mindful of any sensations of clicking, popping or crunching.



UPPER NECK MOBILITY

Gently bring the chin towards the chest. Keeping the neck flexed, mindfully rotate the head towards the left. Hold for a breath, then slowly return the head back to the midline keeping the chin down. Alternate to the right and repeat 10 times.

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LOWER NECK MOBILITY

Inhale slowly, gently lifting your gaze up towards the ceiling. Keeping the neck extended, mindfully rotate the head towards the left. Hold for a breath, then slowly return the head back to the midline gaze upwards. Alternate to the right and repeat 10 times.



RESISTED NECK STRETCH

Place your right hand onto your right cheek bone. Gently rotate your head towards the right into your hand, without moving the hand, creating some resistance. Hold for 3 seconds. Rotate the head slightly further to the right and again hold for 3 seconds. Repeat once more, then alternate to the left, alternating to 5 times to each side.

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UPPER NECK STRETCH

Sit on your left hand, palm down. Take a hold of the back of your skull with your right hand. Gently pull your chin towards your right underarm, or until you feel a gentle stretch. Hold for 30 seconds. Repeat on the opposite side.



SHOULDER SHRUGS

Inhale, gently lifting your shoulders up to your ears, squeezing them tightly. As you exhale, gently lower the shoulders and completely relax. Repeat 10 times.

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HAND FLEXION AND EXTENSION

Keep your elbows close to the ribcage, shoulders depressed. Inhale, spread your fingers, exhale making a firm fist. Repeat 10 times.



EXTERNAL ROTATION OF THE SHOULDER

Keep your elbows close to the ribcage, shoulders depressed. Spread your palms face up. Inhale draw the hands out to the sides, exhale draw them back to the midline. Repeat 10 times.

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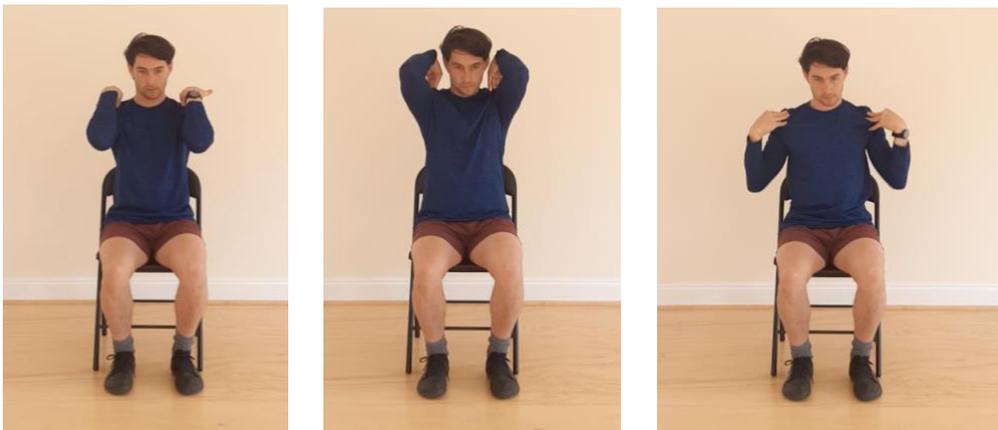


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SHOULDER ROTATIONS

Place fingers on the tops of shoulders. Focusing on the elbows, rotate, making gentle small circles. Repeat 10 times, then change direction.



THORACIC EXTENSION AND FLEXION

Inhale, spread your fingers, squeeze your shoulder blades together, gaze upwards, feeling the breastbone gently lifting. On your exhalating bring your palms together, shoot the hands forwards and round the upper back, trying to separate the shoulder blades away from each other. Repeat for 10 breaths.

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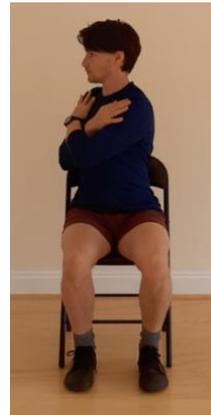


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THORACIC ROTATION

Cross your arms across your chest, keeping the spine long. Gently rotate your torso towards the left. Return the spine to neutral. Alternate to the opposite side and repeat 10 times each side.



THORACIC LATERAL FLEXION

Cross your arms across your chest, keeping the spine long. Gently drop your left shoulder towards the ground. Return the spine to neutral. Alternate to the opposite side and repeat 10 times each side.

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QUADRACEP ACTIVATION

Sit with your feet, hip width apart. Lift your left leg up, draw the toes towards your shin and push the left thigh into the chair, as if squashing a bug underneath your thigh. Hold for 3 breaths. Alternate to the opposite side. Repeat 5 times each side.



GENTLE CHEST OPENER

Squeeze your shoulder blades together, spread your palms and gently arch the lower back, trying not to compress the low back. Hold for 20-30 seconds. Gently straighten the arms out at a 45 degree angle, squeezing the shoulder blades and sinking the shoulders away from the ears. Hold for 20-30 secs and repeat 3 times.

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LOWER LEG RELEASE WITH COUPLED SIDE OPENER

Gently straighten your left leg, drawing the toes towards your shin keeping the right leg bent. Slowly reach your left hand down your left leg until you feel a gentle stretch. Hold for 20 seconds. Gently lift the right hand up opening the front of your chest. Hold for 20 seconds. Alternate to the opposite side. Repeat 3 times, each side.



QUADRACEP PUSHUP

Cross your arms across your chest. Shift your weight forward on the chair, focusing on your heels. Gently shift yourself up into a standing position. Once, standing, gently bend the knees, hinge your hips back down towards the chair. Repeat 5 times.

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CALF RAISES

Standing behind the chair, supporting yourself on the back of the chair. Gently lift your heels up to the count of 3, then gently lower to the count of 4. Repeat 10 times.



MODIFIED WARRIOR I

Stand with your left knee bent forward and your right foot straight back. Squeeze your shoulder blades together. Hold for 3 breaths. Remove your hands momentarily from the chair, maintaining your balance for 3 breaths. If you are confident with your balance, straighten the hands out in front and hold for 3 breaths. Once you can hold for the arms outstretched, gently lift both of your hands spreading the fingers, holding for 3 breaths. Repeat 3 times.

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MODIFIED WARRIOR II

Stand with your left foot in between the legs of the chair. Place your right foot behind so the heel of your front foot intersects the arch of the back foot. Bend on the left knee, keeping the right leg straight. Place your left hand to your left hip, squeezing the shoulder blades together. Hold for 3 breaths. If you feel comfortable here, gently straighten the left hand. The next level involves holding both arms straight out. Hold for 3 breaths. Alternate to the other side, repeating 3 times each side.



INNER GROIN OPENER

Widen your feet slightly wider than your hips. Bend on your right knee, keeping the left leg straight. Gently shift your bottom back towards the right, until you feel a slight stretch through the left inner groin. Hold for 5 breaths. Alternate to the opposite side. Repeat 3 times each side.

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UPRIGHT POSTURE ACTIVATION

Stand with your feet hip width apart behind the chair. Gently bend the knees, shifting your bottom back, so that you can look down to see the front of your shins. Ensure that your heels are taking most of your weight. Hold for 5 breaths. Gently straighten the legs. Take 3 breaths to relax, then repeat 3 times.



GENTLE FORWARD FOLD

Widen your feet so that they're slightly wider than your hips. Shift your pelvis back, placing your hands or forearms on the chair, gently resting your head on your forearms. Hold for 10 breaths.

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