Mindful Stretching / The Happiness Effect

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| ***Segment*** | ***Breathing Exercise*** | ***Flexibility Exercise*** |
| *Warm-up 5m**For breath is life, and if you breathe well you will live long on the earth.**-Sanskrit Proverb* | Exercise: Warm-upStrive to inhale through your nose, as it helps filter, warm, and moisten the breath before it reaches your lungs.1. Sit comfortably. Place your hands on your sides, just above your hip bones. Left chest tall, shoulder back and down.
2. Inhale deeply though your nose into your abdomen. Notice your hands feel your abdomen expand and then contract as you exhale.
3. Repeat 2-3 times, focusing your breath into your lower abdomen.
4. Move your hands to the middle of your ribs.
5. Inhale and try to isolate your breathing to the middle of your chest.
6. You should feel your ribs and intercostal muscles expand and then contract as you exhale.
7. Repeat 2-3 times, focusing your breath just into your rib cage area.
8. Move your hands up just below your collarbone (you can cross them if it is more comfortable).
9. This time inhale and try to isolate your breathing to the top of your chest.
10. You should feel your upper chest and shoulder expand and then contract as you exhale.
11. Repeat 2-3 times, focusing your breath just to the top of your chest.
12. Move your hands to your sides or rest them in your lap.
13. Inhale deeply, progressively filling your lungs from the bottom to the middle and top.
14. Exhale slowly, gently emptying your lungs from the bottom to the top.
15. Repeat 2-3 times.
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| *Torso Mobility 5m**True breathing is like a flower blooming. If we hold our breath, the bud never opens.**-Chungliang Al Huang* |  | 1. Inhale, lift your shoulders up and back. Exhale and draw them down into your back pockets. Repeat 2-3x.
2. Place palms down on top of thighs. Inhale and sit tall, exhale and round your spine into the letter “C”. Repeat 2-3x
3. Inhale and lengthen your spine. Exhale and turn to the right, placing your palms on the outside of your right thigh. Inhale in the rotation. Exhale and return to center. Repeat on the other side.

Repeat 2-3x. |
| *Full Body Mobility 5m**What is necessary to change a person is to change his awareness of himself.**-Abraham Maslow* |  | 1. Sit on front edge of your chair. Place your feet shoulder width apart and under your knees. Palms down on your thighs.
2. Inhale sit tall, lengthen your spine and prepare for movement.
3. Exhale and stand up.
4. Inhale, draw your shoulders up, back, and down.
5. Exhale and anchor into the ground.
6. Make gentle fists with both hands. Rotate torso to the right with left fist gently touching lower abdomen and right fist gently touching lower back. Rotate torso to the left with right fist gently touching lower abdomen and left fist gently touching lower back. Rotate right and left creating light momentum while gently tapping lower abdomen and lower back with fists. This exercise is called “bang the drum”. This is beneficial for back mobility.
* For those who choose not to stand, they can make gentle fists, bend at the elbows and bring their fists in front of the shoulders. Rotate right and left without the swinging arms.
1. Standing tall with arms down by your sides and keeping gentle fists, raise both arms out in front and up towards the ceiling. Gently let both arms fall or swing back down while bending your knees slightly. Inhale as you stand tall, swinging both arms up. Exhale as you swing your arms down, gently sitting back.
* This can be progressed to a bigger range of motion.
* Seated individuals should be cautious not to hit their hands on the chair.

4.Position yourself back in front of the chair with feet shoulder width apart. Inhale guide so you know where your seat it. Inhale, lift your shoulders up, back, and down. Exhale and anchor into the chair.Repeat above 2-3 times. |
| *Upper Body Mobility 5m**Life is a train of moods like a string of beads; and as we pass through them they prove to be many colored lenses, which paint the world their own hue, and each shows us only what lies in its own focus.**-Ralph Waldo Emerson* |  | 1. Sitting tall on the front edge of your chair, slowly roll both shoulders up, back and down 3x.
2. Bend both arms at the elbows and roll both elbows back 3.
3. Lengthen both arms and reach up, back and down with big arm circles 3x.
4. End with both arms stretched long out in front, palms up.
5. Bend at the elbows and place palms on the top of shoulders.
6. Inhale and lift elbows gently towards the ceiling.
7. Exhale and lower both elbows back down by your sides. Repeat 3x.
8. Inhale, unfold arms with palms facing forward and gently push straight arm behind you.
9. Inhale relax arms beside torso. Exhale.
10. Inhale, lift right arm out to right side with palm forward.
11. Exhale and sweep log arm across chest. Repeat 3x.
12. Hold right arm across chest. Left hand gently pulls right arm towards chest to provide more of an anchor for a deeper stretch of the shoulder.
13. Circle wrist R/L 3x.
14. Open and close fist 3x
15. Touch thumb to each finger.
16. Wiggle fingers
17. Open both arms wide, east and west, palms up and thumbs leading towards the back of the room. Inhale. Exhale and release arms down by sides.

Repeat above on left side. |
| *Lower Body Mobility 5m**The mind’s first step to self-awareness must be through the body.**-George Sheehan* |  | 1. Sitting tall at the front of your chair, lift your right leg with your hands under your thigh for support.
2. Circle your toes to the right 2-3 times and circle your toes to the left 2-3 times.
3. Inhale, flex your foot, drawing your toes towards your nose. Exhale, point your toes. Repeat 2-3 times.
4. Using your toes, write the first name of the person who gave you your first kiss😊.
5. Flex your foot, drawing your toes towards your nose. Extend your leg and anchor your heel into the floor (leg should be lengthened out in front). Place both palms down on top of your thighs. a. Inhale and sit tall, lengthening your spine.

b. Exhale and lean forward halfway with a long spine. c. Inhale, stay where you are, draw shoulder back and down. d. Exhale and extend your right arm out in front, parallel to the floor.e. Inhale, lift your torso to sit tall and raise your right arm to the ceiling. f. Exhale, gentle side lean to the left.g. Inhale, sit back up tall, reaching right arm towards the ceiling.h. Exhale, exhale and sweep the right arm out to the right side and down onto your thigh.Repeat above on the left side. |
| *Relaxation 5m**Intentional breathing is the most effective weapon we have to combat and counteract the harmful effects of stress. Intentional breathing reverses nearly everything that chronic stress does to our bodies.**-Al Lee & Don Campbell* | Exercise: Energy Wave BreathingThis breathing exercise will help get rid of tension and give yourself a quick energy boost.1. Sit comfortable with your hands in your lap.
2. As you slowly inhale, progressively tense your toes, calves, thighs, buttocks.
3. Exhale and relax your muscles starting with buttocks, thighs, calves, toes.
4. Repeat 2-3 times.
5. Inhale and progressively tense your belly, shoulders, makes a fist, and scrunch your face.
6. Exhale and relax your face, hands, shoulders, and belly.
7. Repeat 2-3 times.
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| *Breath is the cord that ties the soul to the body.**-Brother Ramananda* | Exercise: watching the breathWatching your breath can be the simplest of all mediations. It is a simple, soothing, and effective way to quiet your mind and body.To begin, sit comfortably with your eyes closed or simply look into your lap. Focus your attention “between the eyes”. Take a few deep, slow breaths and then begin watching your breath. It may be helpful to imagine you are watching someone else breathe. Notice when you inhale, and notice when you exhale. Don’t judge your breathing or try to manage, manipulate, or analyze it. Just watch. If you find your mind has wandered (as it most certainly will), just bring it gently back to watching your breath. |  |

Teaching tips:

* Choose upbeat, positive instrumental music with no distinctive BPM.
* Smile! Relax. Have fun!
* Practice before you present. You will feel much more confident. It also helps with timing.
* Feel free to reach out to me with questions or assistance andi.kwapien@tivityhealth.com