



SATORI METHOD™
mind • body • one

Martial Yoga

COURSE GUIDE

MOVEMENT MEDICINE

PAIN-FREE REJUVENATION & JOINT MOBILITY



~with Sensei Tristan Truscott

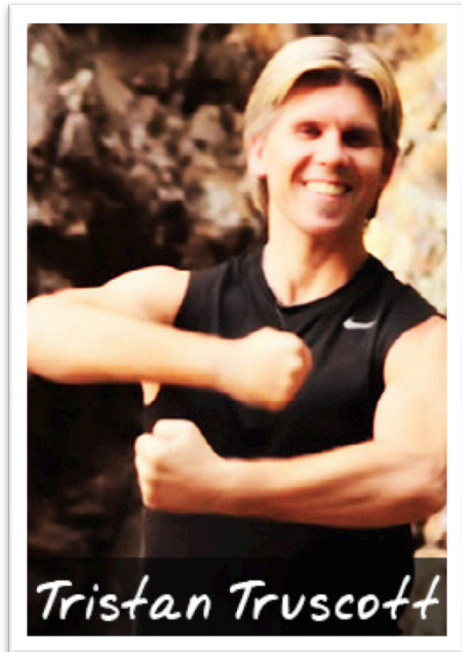
FUSION YOGA MARTIAL ARTS WORKOUT

WWW.MARTIALYOGA.COM

MARTIAL YOGA: MOVEMENT MEDICINE

Pain-Free Rejuvenation & Joint Mobility

HOME STUDY COURSE GUIDE



Congratulations! You now have in your possession a life-changing program for vibrant, pain-free living!

This course will not only teach you how to rejuvenate and heal your body, but also give you a practical way to *maintain* your healthy, pain-free body!

The benefits of Martial Yoga are profound and soon you will discover just how easy it is to make this 'movement medicine' process a way of life.

For the best results, and in order to get the most out of this program, please closely follow the instructions outlined in this Home Study Course Guide.

The Course Guide breaks down all of the sections in the program, giving you step-by-step instructions, so you know what to do and when to do it.

Here's to your vibrant, pain-free life!

Sensei Tristan



Martial Yoga: Movement Medicine – A Basic Overview



Martial Yoga: Movement Medicine is a rejuvenation and healing program that fuses Martial Arts and Yoga movements. The program uses circular movements, rocking motions and mindful breathing to relieve *tension* from stiff muscles and *pain* from achy joints.

I designed this movement-oriented program after many years of researching how to effectively and quickly recover from injuries and painful bodily conditions... especially those that don't seem to heal, no matter what you try!

It is my experience that these chronic conditions stem from either: 1) a misalignment in the joints due to stiff adhered muscle tissue, 2) a reactive pattern in the body that keeps the muscles and joints in a state of “fear-reactivity” and, 3) a block in the healthy flow of life-force energy through the painful area(s).

With this program you now have a solution! You can re-align your joints by unwinding the tension from your tissues, remove the fear-reactivity from maladaptive brain-body signals, and open your life-force channels (often called meridian pathways) and live pain-free again.



What Comes With The Martial Yoga Course?

There are 6 main parts included with your course:

- 1) The Course Guide (Including Transcripts)
- 2) The Standing Series (Video Training 1)
- 3) The Lying Series (Video Training 2)
- 4) The Sitting Series (Video Training 3)
- 5) The Power Series (Video Training 4)
- 6) Digital Bonuses (Including the Foam Roller Video)

**You can immediately access all of these materials online from within the Satori Method Academy member's area: www.satorimethodacademy.com*



The Order of Practice

There are 3 sections (aka Series) to the curriculum:

- The Standing Series (week one)
- The Sitting Series (week two)
- The Lying Series (week three)

Spend an entire week learning and practicing each Series before moving on to the next. We suggest that you practice 3-5 times per week.

Each section of training includes an in-depth Private Lesson and a 7-minute follow along Practice Session. Please watch the Private Lesson before doing any of the Practice Sessions.



During the **Private Lessons** I will walk you through each movement, slowly demonstrating the postures and giving you the nuances to master them.



During the **Practice Sessions** we will go through the full routines together. It's in these follow along sessions where your body comes back to life!



Getting Started:

Week 1: The Standing Series



✿ The Standing Series will get you started with opening and relaxing every joint, while giving you incredible balance and coordination!

STEP 1 - Watch and learn each move with the Private Lesson.

STEP 2 - Follow Along with the 7-minute Practice Session.

TIP: Work slowly and mindfully, spending ample time learning the nuances to each movement. Martial Yoga not only acts like medicine for painful muscles and joints, when applied correctly it can improve your coordination, mobility and flexibility more than you ever imagined!

**If your body is injured, or in a lot of pain, and the 'Standing Series' seems a bit too challenging at this time, then make the 'Lying Series' your Week 1 Session. Make Week Two the "Sitting Series". When you reach Week 3, try the 'Standing Series' again. And feel free to stay on each session for more than a week. (Please contact us if you need any assistance or coaching.)*

Week 2: The Lying Series



✿ The Lying Series is a great routine to relieve stiff muscles and rejuvenate your back, hips, knees and ankles. The circular movements (while lying down) are easy to do and quickly open up your joints while increasing your pain-free mobility.

STEP 1 - Watch and learn each move with the Private Lesson.

STEP 2 - Follow Along with the 7-minute Practice Session.

TIP: If you are on a wooden or tiled floor you may want to use a mat for greater comfort. If you are not able to reach your leg for the hamstring exercise, due to your current level of flexibility, we suggest using a towel (or a belt) to extend your reach. Also at several points during the Lying Series, you will move your legs to your side, so make sure there isn't anything in your way.

**Tight Hamstrings may take some time to relax - never force or jerk the movements. In time they will lengthen and you'll be amazed at how longer Hamstrings relax the lower back and the hips.*

Week 3: The Sitting Series



✿ The Sitting Series is excellent for opening up your legs, hips, glutes and lower back. These specific movements gently unwind tension that has built up over the years from poor posture or sitting and standing for long periods of time.

STEP 1 - Watch and learn each move with the Private Lesson.

STEP 2 - Follow Along with the 7-minute Practice Session.

TIP #1: Remember: the Martial Yoga: Movement Medicine exercises are very effective, but if applied *too quickly* and or incorrectly they could possibly aggravate your body. Take your time with each movement, slowly unwinding the tension from your tissues and using mindful breathing to help reset the original pain-free signal between your brain and body. Feel free to stay in a particular Series for more than a week before progressing and adding the next one.

**By gently and slowly working with the Martial Yoga movements your body is learning to “trust” moving freely again!*

Week 4: The Power Series



✿ The Power Series is where we now blend together all of the movements from the Standing, Lying and Sitting Series, giving you a wonderful 20-minute routine that you can use to maintain your pain-free living!

ACTION STEP - Follow Along with the 20-minute Power Series.

TIP #1: I recommend that at Week 4, you take some time to review the Private Lessons from the previous three weeks. It is always a good idea to revisit the fundamentals and pick up more of the details and nuances.

TIP #2: For increased pain-free mobility, maintaining healthy muscle tissue and open life-force energy channels, I recommend that you use this routine for the rest of your life. Consistent practice will keep your joints, ligaments and muscles healthy.

**For additional Martial Yoga Tips be sure to read the section in this Course Guide title 'Six Core Martial Yoga Training Principles'.*



Best Times For Martial Yoga:

- ✿ As a warm-up before a workout (or any kind of sport event)
- ✿ As a cool-down following a vigorous workout or activity
- ✿ As a rehabilitation session for acute or chronic injuries
- ✿ As a moving meditation to maintain healthy muscles and joints



Core Martial Yoga Benefits:

- ✿ It is great for injury prevention
- ✿ It helps removes soreness from stiff muscles
- ✿ It improves posture, flexibility and muscle tone
- ✿ It maintains your joints and ligaments keeping them healthy
- ✿ It develop a healthier, stronger, and more-coordinated body



Scheduling Time For Practice:

As I mentioned previously, I recommend that you begin practicing the Martial Yoga: Movement Medicine exercises every week, 3-5 times per week. Each Series Follow-Along is only 7-minutes.

I also recommend that you create a schedule for your practice sessions. Like anything, you will get out of the program what you put into it.

When I was injured, I often enjoyed a hot shower to warm up my muscles before I practiced. You will find the time of day that works best for you.

That being said, please take a moment right now to look at your schedule and figure out when you can and will practice your Martial Yoga routine and block it off now.



Six Core Martial Yoga Training Principles:

#1 – POSTURE: Stay aware of your body alignment and posture. As you practice focus on maintaining a “long-spine”, as if the top of your head is reaching towards the sky, while your tailbone is rooting and relaxing down towards the earth.

Additionally, use a mirror from time-to-time to self-correct your posture and to correct symmetry in your movements. (Notice how you apply the movements on your left versus your right side, and strive for symmetry)



#2 – BREATHING: The flow of your breath while *moving* is essential to help reset your healthy brain-body signals. Remember, when you tighten or hold your breath, you are in a reactive-pattern that reinforces the *fear-based* guarding mechanisms. This “lack of breath” keeps your tissues and joints too stiff... resulting in continued pain. Remember to release the breath, making an audible sound as you move. This ‘sound’ will remind you to keep breathing and help elicit the relaxation response.

#3 – MOVEMENT:

A lot of the magic from Martial Yoga:

Movement Medicine comes from its circular movements and gentle rocking motions.

These movements are what help to unwind the tension from your tight tissues. Always move slowly, coordinating each movement



with fluid breaths. If you notice a tight spot, or place where you tend to *hold* your breath, then reduce the circumference of the next circle, go slower and add more sound (and volume) to your breaths.



#4 – MINDFULNESS: Mindfulness is a key component to living a stress-free and pain-free life. A saying that I often use with my students is, “Put your MIND in the muscle”. Focusing *into* the muscle will help you stay mindful and present to what you are working on, and frees your body from pain.

Mindfulness gives you 3 things: 1) Awareness - so you can notice reactive-patterns and release them, 2) Specificity - when you are mentally engaged you can apply the movements correctly and 3) Enjoyment - mindful movements become a form of “moving meditation”, which leads to more peace, presence and joy!



#5 – CONSISTENCY: To understand the importance of consistency you need to understand the importance of the “S.A.I.D. Principle”. S.A.I.D. stands for Specific Adaptation to an Imposed Demand. Basically this means your body will adapt its posture, muscle tone, range of motion, etc. from what you impose upon it. To cultivate healthy pain-free muscles, ligaments and joints you **MUST** impose and demand change - *consistently*. If you are consistent, your body and brain will adapt to the new and specific information you are giving it.



#6 – MOTIVATION: Motivation comes from knowing *why* you want to do, be or change something. Motivation is fed by keeping a clear picture in your mind of what life will be like when you reach your desired destination. Our bodies *can* and *will* heal, if we create the right environment for healing to take place. Martial Yoga: Movement

Medicine can help you create a pain-free, healthy body, and highly energized life. I was able to heal my body, and get my active life back, by keeping a clear picture in my mind of what I was working towards.

ACTION STEP: Take a moment right now to create your mental picture and identify WHY you want this healthy pain-free body. “Why?”...That sounds like an obvious question right? – but when you connect it to personal pictures in your brain...like running after your kids, taking walks with the one you love, being a help instead of a burden, working in your garden, playing sports again...visualize yourself effortlessly doing all the things you desire, and feel how happy you will be. Lastly, always believe in your abilities and know that you deserve IT!

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”

~ *Buddha*



Your Digital Bonuses:



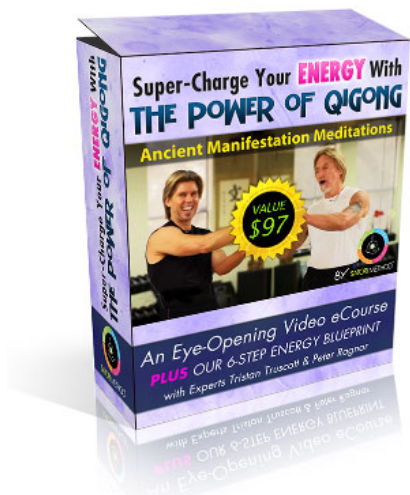
#1: Foam Roller 'Pain Relief' Video

In this video program you will learn how to use a Foam Roller to release tension from tired, soar and overworked muscles. With the pressure created by your own body weight, you can use a foam roller for your back, hips, legs, arms, and other parts of the body, to release muscle knots. It can also be used to increase balance and core stability.



#2: The Healing Affirm-A-Vision™

Affirm-A-Visions™ are digital vision boards that use an advanced process to integrate everything you love about vision boards, meditation, affirmations, visualization, self-hypnosis and brain entrainment technology, giving you the perfect tool to yield incredible mind altering results, in under 7 minutes.



#3: The Power of Qigong eCourse

Discover the world's most powerful way to Supercharge every cell in your mind and body... while boosting Healing and Vitality... in just minutes. With this ancient "moving meditation" taught by Sensei Peter Ragnar and Sensei Tristan you get a jam-packed 3-Part "CHI" Building Video eCourse PLUS a "6-Step Energy Blueprint" to get your healing life-force energy elevated to its highest level.

**You can immediately access all of these bonuses online from within the Satori Method Academy member's area: www.satorimethodacademy.com*



Continuing Education Discounts!

Thank you for being a loyal Satori Method customer! As a way of expressing our gratitude and appreciation we would like to extend some very special discounts on a few select courses that will supplement and support your Martial Yoga: Movement Medicine training. We just love having you as a customer, student and friend – enjoy the discounts!!

Awakened
V.I.P. LIVING CLUB
WITH TRISTAN & SABRINA

Awakened Living Club (VIP)

LEARN MORE >>

QIGONG

Moving Meditation Secrets

Good Morning Good Evening

Good Morning Good Evening Qigong

LEARN MORE >>

Ancient Meditation Secrets of the Masters

THE ART OF MUSHIN
With Sensei Tristan

The Art of Mushin Meditation

LEARN MORE >>

QUANTUM TRANSFORMATION
With John Assaraf

Law of Attraction Training!

Quantum Transformation Course

LEARN MORE >>

**Click on the images above & check out the Special Discounts we have lined up for you. For more Satori Method products visit: www.satorimethod.com*

TRANSCRIPTS

Martial Yoga Course Transcripts:

On the following pages I have included the full Transcripts from the program. Many students find that it really helps them to better understand and retain all of the nuances within this training if they read the transcripts and take notes as they go through the course.

MARTIAL YOGA: MOVEMENT MEDICINE

Private Lesson Training Transcripts

Let's get started with the martial yoga. So there are three parts to this, three series. There's the standing, there's the lying, and the sitting. While practicing martial yoga, there are a few principles that are important to remember. The first is that you're breathing a lot as you're moving, really releasing. And even sometimes I'll be making a sound that will be reminding my body to unwind and relax.

Another important thing to be aware of is your posture while you're moving and stretching. And the idea is to almost feel like you're standing tall yet relaxing your lower body. So it's like you're going up and down, and there's a counter pull through your spine. And the other is to stay present to what you're doing. It's a moving meditation. Be really aware of your technique, your posture, so that the body can open up. All right now, let's begin.

The Standing Series

The standing series is also used also in Satori Sport, our exercise workout, because it's a wonderful way to warm up every single joint in your body. So here's how it starts. The arms go out in front. You begin to make circles with your wrists. And you do that three or four times in each direction. Now I want to note that while I'm standing here, I'm not stiff and erect. My knees are relaxed. They are soft. My feet are splayed out so my toes are stretched. Now if you have shoes on, that's ok. But you may want to take them off and take your socks off and really just get into the balance of your feet.

My hips are relaxed. It feels like my tailbone it's not pulled up. All this tension that sometimes we build in the lower back, starting to release it by relaxing the tailbone down, ok? The spine is growing tall and the shoulders are relaxed. I'm breathing in my belly, right in here [Deep slow breath]. So we've just completed the circles for the wrists. Now another one for the

wrists is to take your fingers and open them and circle them like a figure eight. And you're stretching each finger one at a time. Then you go the other direction so you're articulating each joint. It's like you're closing them and opening, all right?

And now, you're going into the elbow circles, lubricating the elbow joints. What's happening is there's a spiral through the elbow as you're doing that. So I bring the knuckles together and roll. See how the wrists are facing? Then they twist again. That gets that spiral motion. Go the other way. Spiral. Now, open the feet a little wider. You're going to start to stretch and open up the hips here. You might be able to go really low if you're already flexible. You might only be able to go this far. The most important thing is that when you bend, you don't bend forwards. You're not bending like that and putting all that pressure on your patella, that tendon underneath the kneecap. You're pushing outwards.

So as the knees go out, the back stays straight, you stretch the inner groin, and we lift up. And we breathe out at the top [Deep slow breath], and we breathe in [Deep slow breath]. Then we breathe out [Deep slow breath]. Breathing in [Deep slow breath], breathing out [Deep slow breath]. Now reverse that. Go the other way. This is a little Chi-gong movement here, an energy balancing. You're taking all the energy around you and then sinking the chi down into your legs, strong legs, breathing in [Deep slow breath], breathing out [Deep slow breath], getting out of your head and into your body.

And now, bring the feet in a little, place your hands on your upper chest, feel like your neck is growing long, that counter pull feeling I was mentioning. Breathe in the belly [Deep slow breath]. Slowly circle the neck, feeling like your neck is very long. Then slowly go the other way, breathing out [Deep slow breath]. Excellent. Now place the hands on your hips. Whichever direction your hips move your head will slightly move the opposite way. So if my hips go forwards, my head goes go back, they go to the side it goes to the side, my hips go back, my head goes forward [Deep slow breath]. This one's nice. It really gets into the outer part of the hips. Warms up the internal hip joints too, ok?

Now we're going to move into the lower back. You're going to be sliding down your leg using your leg as a guide. We want to articulate the whole spine, so we want to start from the top of the head and begin to relax from there and let that hang. And as the head hangs, the shoulders are going to relax and fall forwards, and then both arms will rest on the leg, my head will be down, and then I'm going to round my lower back, sliding down the leg, I'm going to release, my head will be completely down when I do it, arms will be relaxed. And on the way up, there's a circle here.

You've got to bend your knee and stack your hip over your knee and then lift your opposite shoulder and bring your head up last. So it's head, arms, neck relaxed, circle, stack your knee, hip, lift your ribs up, shoulder, then head. This is a wonderful stretch for your whole spine. This one really helped me a lot in healing my back. However, in the beginning I couldn't even do that. So I had to use my hands and really carefully just gently do the movements. So depending on your level of strength and flexibility. Same thing the other way. Relax, breathe out [Deep slow breath], circle, stack the joints, lift, and you'll do that three or four times.

And then, you can open your knees just a little more. We're going to be going up and down not forwards, outwards, but the body goes up and down. And then as we come up we circle, and as we go down, so it blends together. And this gets into the knees, warms them up really well. And go the other way. And now, you want to bring your feet in just a little bit for balance. Place most of your weight on one side. Press the opposite heel into the ground, and then roll your foot in. You'll feel a little stretch in your hip, a little bit on the inside knee. You're not pushing too hard. And roll out.

Don't let your foot turn out. Try to keep it straight and engage the outside blade of your foot into the mat or the grass or wherever you're practicing. You probably don't want to do this on concrete or hard wood; it kind of irritates the bones in the feet. You could do it with a shoe. But again, if the shoe has got those big knobs or ridges on the outsides this isn't going to feel right. Then rolling the other foot in and out, and even while

you're stretching and warming up your feet, you're still breathing and keeping a nice long spine. Feet together, up and down. You might hear some cracks and pops in your feet. That's ok; it means the joints are getting realigned.

Now, opening, this is a horse stance. It's a really stable martial art position. A lot of these movements in martial yoga come from martial arts, almost all of them. You're going to press your hand gently against the inside of the knee. In fact, it's going to help to open this area. The alternate arm is just going to rest for balance here. When the hand is on the inside of the knee and you're pushing apart, you're also stretching out your waist and your shoulder. You're going to take the tip of the elbow and roll it in, and feel this wrapping around stretch, and relax your head.

Switch to the other side. Relax the neck. The idea in a warm up is to not overstretch. It's really to gently move and warm up. If you stretch too hard in the beginning, you'll actually weaken your body. Another way you can do this motion is to push the knee out and feel like you're stretching the space between your ribs, so your arm's pushing, and then you breathe into your rib cage area [Deep slow breath] gently [Deep slow breath]. You can do that on both sides, ok?

Now, after you've done those two stretches, you're going to decompress your middle and upper back by hanging, just for a moment, and shake your head like you're saying no. It's a type of an inversion. So by being upside down, blood is going into your head and the vertebrae are opening, gently stretching because gravity is helping you out. While you're here, you can just hold your elbows if you want and relax. Now you can use your hands to help yourself come up slowly, and go ahead and bend one knee. If you're mirroring me, then you'll be bending your left knee.

You're lengthening and stretching the inside groin a little more. Take your hand, engage onto your outer thigh, and kind of push your leg away so you're creating more space between your hips. For those of you that are going to be doing the kicks, this is a great one to open the hips for the kicks. And then you switch to the other side. Notice my foot is flat, as flat as I can get it.

That's helping me stretch the muscles in the outside of the shin and calf and through the ankle to prepare for sidekicks. Again, lengthening the leg away from the hip socket.

After this stretch, what we do is drop the hand on the mat, and drop that same side knee. Try to get this knee mostly over your ankle. Now, think of your hip, this hip flexor area, lengthening. Drop your hip down. Relax your foot. Don't have it here. Drop your hip down. Now don't let your body collapse here and your ribs go. Think of engaging a little bit your rib tip, that's a bony area, and your hip tip, and lengthening up. So you're going down, bringing the chest in, reaching up with the arm, and lengthen. Wiggle your fingers a little and stretch. Now you can continue to drop into that if you'd like, and then you'll switch to the other side. Place your hands on the floor. Switch directions. Drop the hip first. Lift the ribs up. Reach. If you're super flexible, go ahead and arch backwards.

And now, place both hands on the mat or on the floor, face front, feet flat, knees not so bent, try to straighten them. Relax the muscles behind the back of the knee. Place your hands on the mat or on the floor, and slowly moving forwards and backwards, you can place them in front of you or you can put one behind you, and stretch a little further. The idea is to not hold static postures. As much as possible, keep moving. Keep the joint warming up. Now, walking to one side, just opening up the inner groin, the waist, don't hold it for too long. Walk to the other side. You can hold these postures later when you're more warmed up.

Now what you're going to do is walk out like you're about to do a push up. Get your balance. You're going to be pushing your head down towards the mat. Elongate your arms, make them really long. Stretch your fingers out and try to flatten your middle upper back, and put your head between your arms. Breathe while you're here. Lean back just a little. Now put all the weight on your hands like you're going to do a push up, make your feet light, quickly bring them together. Slowly push back.

Now you're going to stretch one hamstring at a time, not both.

The way you do that is you straighten one leg. But in order to straighten one leg, you have to lift the heel of the other foot. Keep your neck relaxed. While you're stretching one leg, the side that's being stretched, think of taking that hip and lifting it up to the ceiling. Then alternate the feet. Elongate the other hamstring. Relax your head. You'll do that several times on each leg, remembering your breath [Deep slow breath].

And now what you'll do is you're going to take one foot and press it back behind you. Push the toes into the mat and rock your foot forwards and backwards. So from a side angle, you'll take your leg back, push your toes into the mat so that you're really stretching them, get your heel up nice and high, don't have it down here, get it up high, then move forwards and backwards. And that's exposing the ball of the foot so that later if you were to do front kicks on a bag or something like that, you wouldn't hurt your toes.

You'll then step forwards, and step backwards, and do the same thing. Now I didn't show you this on the other foot, but if you'd like to, now to get into the calf, press your heel down and try to get it to go all the way to the floor. It may not. It may be half away. You may have stepped too far back for it to go down, so you can bring your foot in a little. Get that heel down, feel like you're pressing the heel back towards whatever is behind you. And then you can bend your knee slightly and this will start to stretch into your shin muscle, and get right into the Achilles heel.

When you're done, you'll step your feet together, relax your head, and just shake your hips from side to side. This is called dog wags his tail. Keep your knees bent. Lace your fingers, roll up one vertebra at a time, reach over your head, stretch. I think I got a lot of blood into my head with that one. It felt great. Bring your hands out. You're going to step out. You can step both ways if you want and bend back to your horse stance and place your hands on your hips.

Now what you're doing is a combination movement called swallow skims the lake. You're going to rotate into a forward stance. Your feet have to pivot. The hand on your hip is going to go out into a nice long lunge. Now you're going to pivot back

to a horse stance. As you do, you'll bring your hand across. That's the swallow skimming the lake. Don't turn to the other side, stay facing the front. Lift your hand up and open your waist, and lean, and then turn back to that lunge so it's here.

One, two, three, four, five, and then you'll flow it all together. And feel your body moving from side to side. We're pretty warmed up now so we're coordinating movement and breath, getting into the stances, getting the legs ready, ok? Now last move, put all the weight into one leg, balance, bring your hands up. [Deep slow breath] And do that again, breathing in. [Deep slow breath]

The Lying (Down) Series

Let's move into the second series. Here are a couple of ways to engage the ground. You can just rotate your body and drop onto your back knee and sit down. That's one way to easily get to the floor. Another way is to do a roll, so you bend your knees. From the ground to where you're standing is a long way down. But if you just take all the distance away, there's not very far. You can just roll. The idea when you fall is to tuck your chin a little bit and round your spine. If you're not ready for that, then just get down like this, the old way, right. But if you want to learn how to engage the ground smoothly, just sit, tuck your knees, tuck your chin, and roll.

All right. So the lying down series, the idea here is to warm up the spine more now. You're going to lace your fingers underneath your legs, and now gently roll. When I first started doing this, my lower back was so tight from the injury that I really couldn't sit all the way up and roll down. I had to start very carefully right here, and hold my legs up, and just rock gently. The whole philosophy behind the healing using movement was to learn how to breathe through the protective guarded areas. They were so tightly locked down because of pain, that I was having to gently unwind that. The movements are going to help to massage and unwind, but the breathing is essential.

For example, if you go back in there's fear in your body, you'll tighten your breath. Well, that's not retraining your brain. You

want to retrain the brain to relax, and then the body will follow. So, breathe in [Deep slow breath], breathe out [Deep slow breath]. You can tell it's a nice smooth roll [Deep slow breath]. I'm going to make a noise to remind myself to breathe. At the top, I breathe in [Deep slow breath], breathing out [Deep slow breath]. Now as I said, this area was pretty locked down. So again, you may want to soften that by doing it on the mat.

Once your rock and roll is looking good, and you're able to breathe properly, the next phase, bring the knee up into the chest. You can elongate this leg all the way. I couldn't at first, the back was too injured. I had to keep it bent. And then it's all about moving in circular motions like we were before. That's what unwinds the tension. And you don't have to hold your head up like I am. You can leave it on the ground. And you do again three or four in each direction. You can do it with this leg long if you'd like. You can also hold the posture for just a moment. If you've already warmed up earlier, then it's ok to hold it a little longer. I've got the leg slightly out to the side here. You can bring that straight over also. You'll do that for both legs, same thing. Then we do all the circles here, and then elongate and stretch.

Now, we're going to move into the feet. We carry so much tension in our feet. We're standing on our legs all day long. Oftentimes, we're in shoes that are too tight. We're in pumps for the ladies, and these ankles and feet get tight. So you're moving in circles.

Now notice I'm going kind of quickly. That's not what I want, and that's not what you want. You want to move mindfully. Remember I said earlier to have an elongated spine, to breathe deeply, and to be mindful of the movements? The mindfulness part is what helps you to become more aware of your structure and how it is moving. And if you move too fast, you cannot see or you will not feel where your old reactive patterns are.

Now you may know, well I hold tension in my shoulders or my back. That's fine. But you may be holding tension in areas that you weren't aware of. Like the feet for example. So what do you do? You move slow, and you look for a little jumpy spots or

glitches where the foot sort of doesn't know what to do. Now that's called sensory motor amnesia. That's where the brain has lost the ability to communicate with that part of your body. You want to turn that around. So you breathe, you move slowly, you do this for every single movement that we're going to do together. It's not just about the feet, it's about everything. And then what happens is you re-engage that feedback loop from the brain to the body, and you start to regain your coordination, and then your mobility, and your flexibility.

So once we've done the ankles nice and slowly, both ways, we're going to move that into the whole leg. You're going to use your hands to assist, and we're going to stretch and mobilize in a big circle. This isn't the biggest circle we can do. We're going to do a really big one later. Again, three or four times in each direction. I'm stretching out the hamstring here and I'm pulling in just a little where it's tight. Now, I noticed then when I pulled in I held my breath. Why? Because it's tight and that's where my reactive pattern was. So rather than holding I will breathe [Deep slow breath]. This is stretching and lengthening and pumping blood into the area. Same thing in the other direction. You pull a little bit.

Now the other cool thing about these circular movements is that you can go right up against the areas that you're super tight, and you don't hold them and put the body into a stress mode. Have you ever stretched and felt your body shake? Well you go right up against that spot and come right out of it. That way your body continues to trust you without locking down later. So we've done that with that leg, you'll do the same thing on this side. Check your breathing. Be mindful of your movement.

Now this next one is wonderful. You're going to lace your fingers back onto the first leg and pull the knee into your chest as close as you can. And now, you're going to engage your foot and flex your ankle. That's going to help stretch through the calf and the hamstring, and as you're doing this, this is where it becomes a dynamic stretch, you're holding, and you're flexing up, and now you're going to push your leg away from you as you resist with your hands and you move the leg through a range of motion for about five to six seconds.

So you pull it in. Each time you're going to find that the leg lengthens. The muscle releases, the tendons relax, the ligaments elongate, and you start to feel really open, ok? Same thing on the other side. Flex the foot and push. My hands here are pulling in. They are resisting, but they're not resisting so much that I can't move. They're working together. It's a counter pull. Three or four times, and then swing leg stretch. This movement is like doing a knee strike. Swing your leg down and swing it up. We call this movement here an ax kick in karate. So it's one, two. Breathe in [Deep slow breath]; breathe out [Deep slow breath]. Breathe in [Deep slow breath], out. And you can do a few more of these; five to eight is usually good. Same thing on the other side. Great stretch for the hamstring but don't do this one until you've warmed it up first with the others.

Now it's time to open the inner groin more. Another dynamic stretch. You'll lace your fingers over your knees, and open, pull. Now you're going to continue to keep some pressure with your hands. You're going to engage your inner thighs, and squeeze them together. Don't do this one too hard at first. I don't want to pull anything. Dynamic hypertonic stretch to help open up the hips and pelvis. And once that's opened up, keep it open, place your hands on the inside, and slowly do a double round kick. Here, we're relaxing the area behind the knee. This tends to get real tight. Breathing [Deep slow breath]. Double round kick.

Now another one for your knees while you're here, we call this the blender. This is often done in the jujitsu warm ups, a type of martial art that's grappling on the ground. And you can do it much lower than I just was. In and out. Wonderful warm up for the whole knee. Ok. So, we've pretty much worked through the calf, the hamstring, and the inner groin. Now we want to get deeper into the hip socket itself. So we've finished doing the blender. We put our feet on the mat. We use our hand to help assist this stretch a little bit. We're going to open the leg all the way out to the sides, then bring it around. In dance, this would be called a rond de jambe type movement. In martial arts it's called a giant crescent kick motion.

So what I'm doing here, as I'm bringing the leg around, I'm also lengthening the leg. I don't want to do this sloppy like that. Long

leg. Stretch the toes if you'd like. Open them up. Rotate. See that rotation there? Rotate the hip. Don't roll on your side. Try to keep your lower back and hips flat on the mat. Lift. This motion here requires a bit of strength, and this could make your body want to tighten to lift it up. When I was injured, again, I could barely do any of these. But I would help myself with my hand. So if you don't have that strength yet, assist the stretch. But remember to breathe out when you're working the hardest [Deep breath]. Three or four in each direction. Both legs.

Now you're ready to rock and roll again. Rock and roll, just a couple of times. So a couple more rock and rolls, and now we're going to move into spinal rolls. So you'll roll yourself down. Bring your ankles in close to your buttocks. Have your feet about as wide as your gait, just about as wide as your hips. Relax your head down. Now think of elongating your spine again. Your hips are dropping away from you and your head is growing away from you. You're going to place your feet firmly on the mat and place your arms down by your sides.

You're going to be rolling your whole spine up off the mat and then back down onto the mat. So the idea is to be kind of like a slinky. You'll begin by just lifting your tailbone slightly off. You're doing a gentle pelvic tilt. Hollow your tummy out, relax your tummy, think of your belly button dropping down to the floor. Tailbone coming up. And then what's right after the tailbone, your sacrum. As your sacrum comes up, then your lower back slowly comes up. Don't push your head in the mat at all. Keep your neck long. Now you keep rolling, you're pushing your feet down, and lifting.

Now at first your hip tips right here were moving towards the ribs. Rib tips are here. Belly button down. Now as you come up through the middle back, they'll open. And as they open, you'll start to push up into your shoulders. This is where you have to check again that you're not using your head on the ground. Elongate. It's almost like I should have nothing under my head because I'm completely in the shoulders now. And keep opening, opening. Now you can let your ribs open up all the way. Engage your glutes and stretch.

Now when you come down, elongate your neck. Open your shoulders. You'll feel your shoulder blades in the back opening up. Now don't just drop, lower from up here first, upper middle back. Hollow out your tummy and belly button, dropping it down. Middle back starting to come down like that slinky feeling. Rib tips and hip tips start to close off, and then release the buttocks all the way down, ok? So that's a long articulation of how to do this. Breathing in [Deep slow breath], breathing out [Deep slow breath]. And you hold it for a moment. Breathe in [Deep slow breath]. Relax the shoulder blades. Breathing out [Deep slow breath].

While you're doing this, you might feel your spine wobble or jump or shake a little. As the muscles get stronger, that will go away. As you become more mindful, that will subside, and as you breathe better. Those jumpy spots, again that's that motor amnesia where the body loses the communication. And that has to do with not moving, sitting for too many hours in the chair, hunching over working on the computer, poor posture. So we're going to turn that all around with these movements. Ankles in, breathing in [Deep breath], breathing out [Deep slow breath] [Repeated]. With each one, I can feel my body getting smoother. So I know that my mind body connection is improving.

Now, from here, after you've done several of those, you can rock and roll and we're going to get into stretching the back. This next piece of the flow is to help open up and stretch the shoulder. You see that motion happening there. I'm going to be doing a back roll. Now, you don't want to do this if you are extremely tight in your neck and your middle upper back. What you're going to want to do is just work on your rock and roll at first, and start to gradually, as the weeks go by, get to the point where you're tucking your chin and you're rolling up in this section more. Breathing out.

When I was a little bit overweight, my tummy got in the way. So I couldn't roll as well. My belly would push into my chest. You've got to go with what you've got. Here's the second part to this. So now what I'll do is I'll roll back, I'll relax my head, and I'll look at my feet, touch the mat, and roll back for forwards. My neck, my head are barely touching the mat. I'm not rolling into my

neck. That's not good in the beginning. I'm sending the feet to the side and looking at them. My head, not even close.

So this is a back roll for martial arts. Great stretch. So you'll do several of these, and if you'd like to, if you're feeling flexible enough, you'll just roll down to your knees, ok? If you're not feeling that flexible, that's fine. You'll do your rock and rolls, and you'll swing your legs to the side. Again, roll all the way back, gently, and come to your knees. You can practice rolling back forwards if you'd like. The other way to move on from here is to swing the legs.

All right, before I move on I do want to show you that you can, when you're flexible enough, roll straight back, and carefully, keeping your neck relaxed, put the weight into your shoulders. Elongate your neck so that you know it's not being crunched. Continue to breathe, and work on extending your hamstrings, and stretch, now bend your knees. All right, moving on. Now that you're sitting up, you'll place your hands in front and extend your legs behind you. We're going to be engaging the lower back to strengthen and stretch it.

The hands are placed as if you were going to do a push up. And they are not pushing very much. They are used to guide this motion. So the motion is a circle, but I'm trying to engage the back muscles as well. And breathe. So I want to mobilize and strengthen the back in an extension position, and this is an easy way to do this without trying to stand up and lean backwards. This is actually better because it's strengthening your back more. Now you can do a spinal roll forwards on this one. You can place your feet on the mat if you'd prefer with the toes down, or just relax them. What you're going is you're lifting from the top of your head up, lifting your eyes. You'll use your arms here to help.

Don't let your shoulders crunch up. Drop them down. Relax your lower back down here. Just let your ribs float down. To get a little more stretch you can look up and then roll your hips down. Lower yourself slowly and drop your forehead. So top of the head, forehead, nose, chin, shoulders down, rolling up, breathe [Deep slow breath]. And then rolling down. And that one stretches out your tummy muscles really nicely. You'll bring your

feet up and kick them down. Push yourself back. Round your lower back.

Now what you'll do is you'll open up your arms up a little, and we're going to get into the shoulders. So you're doing a big circle. You're not bending your elbows very much. Try to keep them straight and feel like you're moving to one side. And now, place one hand in front for balance, extend the opposite arm out on an angle, drop your shoulder, bicep, and underarm towards the mat, and slowly lift your fingers up. And you will feel that stretch run all the way up through the arm. Same thing on the other side. Balance, drop the shoulder and the bicep to the mat, and then lift the fingers.

Then taking one arm, feed it under your body. We want to wrap around the outside of the arm and the back, put it through the hole, and then lay down. Stretch. Some people are extremely flexible in their shoulders already. People that have more muscle, they're going to find that this one stretches them quite well for that lat muscle and shoulder. Relax the head. And now on all fours, even your arms up and your feet, relax your tummy down, and slowly look up. And now feel like somebody has got a handle attached to your back, and they're lifting you up like a suitcase. And as they lift you up, your head hangs down. Then you drop your tummy back down to the mat and look up.

And then they lift you up, and then it's time to move to the side, up, and around. And do a big gigantic circle for your torso. Go the other way, big circle. You can keep your arms locked if you'd prefer. Sometimes I bend my elbow a little and get my head involved so it will look like I'm moving my head. And then move the head the other way or just stick to the circles. Ok. Now, stretching out the knees. What you can do is if the knees bother you to sit like this, you can cross your legs for this. For example, it can be here. Hold your knees, and feel like somebody's attached to your chest and they're pulling your chest forwards, and then they're pulling you backwards, forwards and backwards.

If you were doing it on your knees it would be the same thing. Just round, and forwards. And then, go onto the balls of the feet,

arch backwards, shoulders down, look up, and you'll feel this stretch goes all the way down the arms as well as the back and gets the shoulders and the biceps nicely. Come back to the sitting. Once we've gone forwards and backwards, go side to side and front to back so it completes a torso rotation. And go the other way, breathing [Deep breath].

This just feels so incredible for your whole spine. Put your arms out to the side. Lift them up, drop them down. Circle them. Roll them the other way, big circles. You can do one at a time. Go the other way, one at a time. And just place your arms out like you're sitting in meditation. Put them on a 45° angle as you do that. Elongate your neck. Big circles. Great. Now you could stop here and just enjoy the moment, close the eyes, meditate. Or if you'd prefer, you can go into the third section which is the sitting series.

The Sitting Series

Ok the third series. Go ahead and take one leg and pull it behind you and tuck it in nice and deep. Lay back and begin to make small circles. What you're doing here is you're stretching out the quadriceps. The more you lean back and open this area, you're getting into the hip flexor and the psoas. You're also getting between your shoulder blades if you learn to move them with this motion. Once that feels open, drop down on your elbow, don't arch your back here. Relax your ribs down. Look up. Extend your arm all the way so you can stretch the fascia all the way through the side. Now that one really opens up the quad, especially if you've been doing lots of squats.

And if you're super flexible through the lower back, you can lay down on your elbow, and lay all the way back. And that will help stretch the quad out even further. Try to keep the knee on the mat. When you want to come out of that, you roll out. How long do you hold it? Maybe fifteen to thirty seconds max. Don't yank your knee in front of you here. What you're going to do is slide it behind you and turn onto your shin. Some people are extremely flexible through the hip and the knee, and you might even see their leg all the way up here. Some people, not so flexible, it will be tucked underneath.

My heel is facing my hip. I'm sliding my back leg away from me. I'm dropping my opposite hip and glute to the mat, drop onto my elbows, and with movement, gently rocking from the left to the right. Once I feel that that glute muscle is relaxed and opened up, I'll flatten my hands down, just drop my forehead onto my hands and breathe [Deep slow breath]. When you breathe, feel that you're letting go even more and you're sinking further into the ground. You'll slowly come up and roll onto your hip and slide the leg into what looks like a figure four.

And now, you'll elongate the spine remembering that concept. Remember to breathe and move mindfully. Nice circles. The hamstring is really getting a nice stretch here. You're hitting the opposite side, the lower back, the quadratus lumborum, and working in both directions. I want to point out that you're not doing this. That's stretching your neck. You want to stretch from the hinge. You lift up and move the rib cage and chest over the thigh.

And then, if you want to take this into a dynamic stretch, you can reach out and grab your foot or your calf, you'll take a breath in [Deep breath], you'll release to your low point, that's a passive stretch here, and then you'll engage all the muscles. So squeeze them and pull, and pull. Squeeze and pull. Squeeze and pull. Hold that for about six seconds, and when you come up, do some small circles. That will prevent your body from going into the tight reacting pattern.

And then you can go a little lower. Breathe in [Deep breath]. Drop down. Squeeze the leg, squeeze everything, tight, tight, tight, and go to your low point. When you come out again, small circles. You can also take your opposite arm, reach across, grab your leg or your foot, and drop your shoulders slowly to the mat. And you can just gently rock here and this is stretching out your lat muscle and the waist. From here, you'll bend your foot, hold your shin. Place weight in your opposite hand, tuck it in, and unwind into position.

Elongate your spine. Pull your rib cage slightly past your thigh. Reach around and hug your leg and pull it in. This is going to

wrap around through the piriformis. And as you pull in, you'll press your knee against your resisting arm, and do that for five to six seconds. That dynamic hypertonic stretch will help to open that. You can elongate and turn a little further. Pull it in again. Keep your head straight, shoulders back and down, eyes at the horizontal plane. Press. Don't hold your breath. Relax. And then, following your cheek, look behind you and get a nice rotation.

To come out of this position, take your top knee and transfer it to the floor. Relax your foot, and you're going to go and do the whole thing on the other side. Go through this whole series here, sinking down, rocking from left to right, pausing, rolling out. You'll slide this leg up. This is the piece that you did first last time, so you're getting it after the first move. You're coming to this. Remember to lay back. Reach. Lay all the way down.

When you come out, slide the leg around. Lift up. Do the figure four. Both directions. Dynamic. Pull down. Squeeze stretches. Reach across. Stretch the lat muscle. Place the hand on the mat. Bend the knee. Hold the shin. Tuck it over. Hug, press. Do that two or three times. Look behind. Then it's time to open the legs. V-leg position. Point or flex your feet. One hand on the mat for support. Other arm comes up. Wonderful stretch. This one moves from one side to the other so it's stretching the inner groin, the hamstrings, the waist, the sides, the ribs, the shoulders, and the back.

Breathing, flowing. Don't lose yourself here. If you're feeling that you can't stay up, get a mat, get a blanket, roll it up, get a towel, roll it up, stick it under your glutes so that it raises you up so that you can lean forward more, and do it from there. You should not be rolled back like that. And don't just relax your feet. Keep everything long. Once you've done several in this direction, go the other way. Breathing. You can do a dynamic stretch here. Squeeze the legs. Do the same thing as before, pull, pull, pull, squeeze, squeeze, squeeze, and relax when you come out. Small circles.

Do this whole thing on the other side. Same exact movements, pointing the toes or flexing them. You can also do this movement with the hand behind your head engaging the ribs more. Don't

yank on your neck, and just roll and go the other way. Same thing, turn this way, dynamic or passive. Just relax and breathe and hold it. Slide forward a little bit more as you get open. Now as you swivel in circles, you're feeling both hips rolling backwards and forwards. Go the other way. And then work on bringing your chest out over yourself and slowly let yourself rock down.

Breathe a little further [Deep breath]. You might just be here. This might be enough for you. That's fine. Just hang out there and breathe. In time, your body will trust you more and it will open up. Walk your hands out and drop as low as you can go. When you're done with any intense stretch, always do a couple of circles. Relax your knees by gently bending them here. Cross your legs. You can do this circular torso stretch again, both directions. If you hadn't done the shoulders yet, you can do the shoulders here, and the neck. And if you've done them, then after this stretch just bring your feet together, lean forward, stretch your glutes one more time, cross your legs the other way and do it again, and then it's time to sit for meditation.

Meditation is so much easier when you've warmed up the body, you've released the tension, and everything is open, all the channels, the muscles relaxed, the chi is flowing. Domo Arigato. (Thank you)

That completes the sitting series. Take the time to learn each one, one, two and three. Understand the movements, how to get into position, how to breathe, how to be mindful, and then when you join me for the follow along, you'll be able to stay with me and go through the whole flow, and we'll take our time and go slower.

We'll spend more time in the breath. I'll give you some gentle cues as reminders to breathe, to open, to lengthen, and you'll have a wonderful series that really takes care of your whole body. It's going to open up every joint. I found that the pain, the stiffness, hip trouble, neck trouble, lots of lower back trouble, even knee trouble, has pretty much all been put back into place, and every now and then the body is sore from working out. I do some martial yoga, right back in the flow. Domo Arigato. (Thank you)

MARTIAL YOGA: MOVEMENT MEDICINE

Practice Session Training Transcripts

Begin by opening your legs, shoulder width apart, and circle the wrists. Find your balance and your breath and open the wrists. And now move into the fingers. Stretch, and open the fingers and wrists, both directions. And now gradually spiral into the forearms from the elbows. Feel the elbows rotating in both directions, nice and relaxed, getting a flow going. Now open the hips and reach up. Expand the arms. Open the shoulders, and relax the inner thigh, both directions.

Draw energy into your body, then ground yourself as if you're sinking chi down into your legs. And now elongate your neck as you bring your feet in a little, and circle. Relax. Unwind the tension from your shoulders, both directions. Really let the head move in a nice big range of motion. Begin to circle through the hips. Feel the stretch on the outer part of the hips all the way back through the tailbone, both directions. Breathing and flowing down into the lower back.

As you swoop down, release the arms and shoulders. Relax your neck completely. Switch directions. Remember to exhale as you flow down, and breathe in as you come up, using your knees to help you be strong. As you circle your knees, remember to slightly move up and down and mobilize the joint. And now, let's open the ankles. As you shift from one side to the other, place a little weight on the inner and outer blade of the foot, stretching and opening the feet, strengthening the joint, keeping the knees and the hips healthy by having balanced feet.

Stretching your calves now, down into the ankles. Find your balance. Now open the shoulder with a gentle pulse. Elongate your neck. Switching sides. Breathe. Now opening up the ribs. As you press against the knee, feel your hips open at the same time. Switching sides. Breathe. Now relax your upper back and your neck completely. Just shake your head gently with your shoulders. Open up and unwind. Begin to move into the thigh stretch as you bend one knee, you elongate the opposite leg. Switching sides. Breathe as you stretch.

Take it easy. Open slowly, dropping into the hip flexor now. Elongate up as you drop the hip down, and reach, reach, reach up to the sky. Switching sides. Drop the hip and reach. Feel the ribs opening up. Reach the fingers. And now move to a position of balance through both legs. Balance with your arms, and as you rock forward and backwards, feel the stretch through the hamstrings and the inner thigh. Move to one side. Breathe out as you pull down gently. And switch sides. Relax your ribs and relax the area behind your knees. Breathe.

Now gradually transfer the weight into your hands and drop your head between your arms. Feel your back lengthening. Place the weight on your hands, bring your legs together and push back. Alternating one hamstring at a time, you stretch by lifting a heel and stretching the alternate leg. Relax your neck and keep switching sides, taking one leg back. Stretch your toes. Rock your foot up and down. Now press the heel towards the floor and stretch your calf. Bend and extend your knee. Move the stretch from the calf to the Achilles heel. Switching sides.

Rock the heel up and down and stretch the toes. Now press the heel. Bend and extend the leg when you're ready and feel the stretch move from your calf down through the heel. Now bring your legs together. Relax your head and move your hips from side to side. Now bend the knees and roll up slowly, lace the fingers, stretch tall. Dropping down, swallow skims the lake. Move across your center. Swivel the hips, the knees and the ankles as you open your waist. Feel the stretch move through the side of the body, opening up the ribs, lengthening the underarm, stretching the tricep. Now flow from side to side. Total body coordination. Now transfer the weight all the way, feet together. Come to center.

Now from your back, rock and roll slowly. Holding onto your legs, relax your spine against the floor, and gently massage your muscles as you roll. Breathing in as you come up. Breathe out as you go down, begin to open one hip. You'll circle your knee several times in each direction. You can relax your opposite leg all the way down or keep it slightly bent. Switching sides, circle the knee a couple of times each way, and at the end of the

circles, draw the knee up towards the chest, and extend and stretch the opposite leg down. Remember to breathe.

Now, opening both legs, extend and flex your feet. Circle them in both directions. And take your time. Try to find a nice circular rhythm to the feet. Now one leg, small circle. Your focus is mindful movement coordinated with breath, and long leg, long lengths always. Both legs, same thing. With every joint that you're opening, the feeling is to always circle, elongate, and breathe. Now, press the knee in and extend the leg. Flex your foot and stretch the hamstring. Several times for both legs. Breathe out. Switching legs. Extend the leg, flex the foot. There's a gentle resistance with your hand as you stretch.

Now press the knee down and flick the leg up. Open the hamstring. Breathe out on the stretch. Switch sides. Breathe out. Just swing the leg up, this will greatly increase your flexibility through your hamstrings. Always remember to do series one before series two. Now opening the inner thigh and the groin ligaments, gently pull your knees apart and resist as you squeeze the legs together. Do this several times. Now extend the legs and bend the legs, stretching behind the knees.

Now one leg at a time in and out, spiral, and open the knee joints. Now big, big circles. Feel your hips. Really open them up. The giant crescent kick. All of these moves are wonderful for every type of sport, and if you're a martial artist, they're exceptionally helpful to prepare you for your kicks. Same thing, both sides. Remember to breathe and move slowly. Don't force any movement. Control the circle. Both directions. Breathe.

Now begin to rock yourself up, and let's prepare for a spinal roll. Move your ankles close to the buttocks, and begin to gently lift your tailbone. And then one vertebra at a time, slowly peeling them off the floor, all the way up to your shoulders. And then gradually sink back down. Take your time and move like you're a slinky, peeling your back up off the floor, stretching and relaxing back down. Remember your tailbone goes down last.

Now rock yourself up, and gradually rock back, and touch the mat or the floor on either side. If this is too much at first, just

gently rock through your middle back and work on your breathing pattern as you relax your spine. Begin by lying backwards as you open up your quadriceps and you circle your body in both directions. You'll feel a little stretch through your shoulders but mainly through the leg. Now use the weight of your arm to really open up your hip flexor and your rib cage. Relax your ribs down, rolling all the way down to the floor if you can. Take a nice deep stretch.

Now as you roll out, slide your body into the pigeon position. Place your weight on your elbows and rock your body from side to side. Feel your glutes stretching and opening. Breathe in your belly. Relax. Now roll all the way around to a figure-four, pull your inner ankle close to your thigh and begin to circle. Keep your leg nice and long. Move in both directions drawing the chest down towards the thigh using your hands to encourage a little deeper stretch. You're opening the leg, the hips, the lower back, all at the same time.

Now after you circle, pull down deeper, squeeze the muscles in the leg. Stretch, hold and release with another circle. These are your dynamic stretches where you really pull down and go as low as you can. Feel this next stretch moving into the waist to the upper back muscles, rocking from side to side. Now place that leg all the way over your support me. Draw your body around. As you hug the leg, lock your hands in place and begin to press out as you pull your arms in. Feel that dynamic stretch all the way through the glutes and into the piriformis.

Now touching your cheek, look behind. Get a nice twist through your torso. Remember to elongate your neck when you do those. Let's transfer to the opposite shin. And stretching the glute on the other leg, begin by rocking, opening, releasing the muscle. Now just relax and pause. And breathe deeply. As you roll to your side, create a position where you can lay back and begin to stretch your opposite quadricep. Remember to begin by circling your body in both directions. Feel the lengthening around your hip and in the hip flexor. Dropping back further, elongate the arm and stretch through your ribs, all the way down if you desire, and get a nice deep stretch.

Now as you roll up, swivel into position creating a figure-four. And circle, feeling the lower back and the hamstring warming up. And as you circle, you're opening any tight spots, taking your time, drawing the chest down towards the thigh. Now squeeze the leg and stretch as you pull down. And when you release, release with a circle. In both directions. Draw your chest lower, flex your foot and squeeze, stretch. Breathe and circle. Both ways.

Now draw your arm across your leg and roll towards your waist. Feel the stretch through your ribs and your upper back, and lay yourself on your arm, and just go deep into the stretch. Crossing the leg, lift up through the spine, pull the leg near and press. Remember to breathe. Twist in a little closer and press again. Now as you touch your cheek, look from your cheek and twist behind. As you release, open your legs nice and wide then slide yourself forward. Feel your back nice and straight. Reaching to one side circle around. Breathe as you circle. Relax the arm completely. And then switch directions, gently bringing your chest towards the floor, flowing from side to side, and switch arms. Reach through the fingers. Elongate the arm. Switch. Relax the chest. Relax the neck.

Now draw yourself to the center of your body and swivel. Feel movement inside of your hips. This is so helpful to lubricate the hips. As you reach out, relax the shoulders and draw the tummy towards the mat. Don't worry about how low you go and just take your time. This is your stretch, your body, your timing. Gently cross the legs and begin to circle your spine. Side to side in all four directions, to the front, to the sides, and the back. Opening the shoulders, swiveling them up and down and back and around in both directions.

Your body is coordinated; it's flowing and moving through the neck. Breathing deeply feels so good. You've completely opened every joint. And relax down, long spine, long arms. Just slowly come up. Switch the position of your legs. One more time. Long back. Completely relaxed. Just feel this moment. Perfect moment for meditation. Completely aligned, filled with the energy. Domo Arigato. (Thank you)

