

Routine for Balance

Using Green Level Breathing Themes

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It doesn't take much to throw our balance off. As we hunch over our desks, our bodies begin to stoop. Lower back injuries make us bend forward. A little trouble with one side of our bodies makes us lean to the side. And before you know it, our muscles have forgotten how to hold us upright, centered and well balanced. Typically, it's the shoulder muscles in the front, the lower back and abdominals, the thighs and / or the ankles that prevent good balance. As you loosen and strengthen these muscles, your body will become more willing to stand upright. Walking will become easier. You breathing will become looser and fuller. You'll feel more energized.

This routine develops those muscles that most off knock us off center. Using the Green Level Breathing Theme helps you develop a sense of being grounded and solid, while feeling relaxed. (Remember, relaxed muscles stretch better!) So, be sure to include the Wave breathing exercise and the Relaxation/Breathing Exercise from the beginning of this routine, to set you up for your Breathing Theme.

Warm Up Do 3 – 5 rounds of Sun Salutations or these three exercises to warm up your breathing. Make your breaths very full and very empty.

1. Abdominal Lifts



2. Simple Side Bend



3. Wood Chopper



4. The Wave Breathing Exercise

Practice breathing with your whole body.

☞☞ Each breath starts with the belly opening, then spreads to the front of the chest, then finishes with the sides of the chest opening up.

☞☞ Breathing out starts with the chest collapsing in and down, then, to finish breathing out, the belly squeezes a little.

This is like a wave travelling up and down your body.

5. Relaxation: This is the most important part of this routine. It prepares you for the breathing that will help you get the most out of the poses.

Step 1. Gradual Relaxation

Relax your body step by step.

Starting with your feet, addressing your whole body, bit by bit, all the way to your face.

Do one breath for each area.

Step 2 Single Breath Relaxation 1 – 3 minutes.

☞☞ Now each time you breathe in, study your whole body, bit by bit, from your feet to your face. As you start to breathe in, notice your feet. Continue breathing in, noticing your legs, your hips, etc. As you finish breathing in, notice the muscles in your face.

☞☞ As you breathe out, feel your body sinking down and letting go, top to bottom. As you start to breathe out, feel the muscles in your face sliding down & dissolving, your head sinking back. As you continue to breathe out, feel your shoulders dropping, your body sinking down, etc. As you finish breathing out, you are feeling your feet sink down and dissolve.

☞☞ Do this for each breath in and out.

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Continue with Single Breath Relaxation while you are in your poses.

Poses paired in boxes make good mini routines that take about 5 minutes.

