

Objective: Full body soft tissue relaxation and relief.

### Section 1: Warm Up - 15 Minutes

- Reclined diaphragmatic breathing
- Reclined breath to vertical breath
- Vertical breath to hinged breath
- Scapular protraction and retraction with breath
- Seated low back/SI release and mobilization
- Sagittal neck stretch
- Palms up, fists to finger spread
- Dexterity finger passes drill
- Piano fingers
- Dynamic to static hamstring stretch
- Transition to standing

### Section 2: Strength and Balance - 15 Minutes

- Sequence 1:
  - Extended mountain pose
  - Side bend - both directions
  - Low back bend
  - Forward fold
- Sequence 2:
  - Lateral Lunge side to side
  - Lateral lunge with overhead reach side to side
  - Lateral lunge with single arm reach side to side
- Sequence 3:
  - Standing wind release
  - Tree pose
  - Standing wind release
  - Warrior 3

### Section 3: Reconditioning - 15 Minutes

- Complete the following on one side completely and switch to complete the list on the other side :
  - Figure 4 hamstring stretch
  - Figure 4
  - Piriformis Stretch
  - Adductor Stretch
- Butterfly
- 5 Min Recovery



## Program Notes:

### **All Sections:**

Move through the movements keeping in time with the section outlines. Adding or Removing sets and reps as you increase or decrease intensity for participants.

### **Warm Up:**

October's warm up is low and slow with the objective to gently warm up problem areas for our participants. We see an extended grounding section in this release to help our participants relax the mind and activate the Parasympathetic Nervous System (our rest and relax system.) The reclined breathing position helps our participants focus on deep breathing patterns and making it easier for them to see and feel the rise and fall of their belly.

You will also notice increased focus on hand joint mobility and dexterity. Keep in mind that the tighter the fists are the higher the blood pressure climbs. The dexterity drill is designed as an entry level to mobilization of the finger joints, you should motivate your participants to take this drill home and work on it daily to increase blood flow and mobility to the joints.

### **Strength and Balance:**

Strength and Balance is separated into three distinct sequences. Each sequence has it's own focus.

The first sequence is focused on spinal relaxation. You will find more smooth transitions from one movement to the next as you work towards relaxing our participants. The low back bend can be troubling to participants that experience back pain, encourage them to choose one of the 4 modifications shown in the video.

The second sequence is a 3 part lateral lunge progression. The objective here is to slowly warm up hips and work on more single leg squatting patterns.

The third sequence is fully focused on balance. . Because these three balance moves are tucked into the end of strength and balance, we find our participants may struggle with holding these positions, due to the muscular fatigue.

### **Reconditioning:**

Reconditioning is a simple hip and hamstring pattern that we have seen before. We work on holding these poses are extended time to help encourage the tissue to relax and recover from the work seen in Strength and Balance.