

Mindful Movement: Gentle Sequence 1

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- 60 mins • Beginner's Level
- Gentle movement to build resilience in the mind and body
 - Spine, Core, and Heart

Mindful Movement: Gentle Yoga Sequence 1

Stress wreaks havoc on both the brain and body. Overtime stress may decrease the quality of life making it more difficult to stay healthy, motivated, and make clear decisions. We may find in moments of stress the heart races, the digestive system is in knots, and less oxygen is traveling to our organs.

In this sequence, we will cover simple stretches and poses that are designed to work on movement of the spine with support, build a stronger digestive system and bring more oxygen into the lungs by focusing on breath with movements.

Pay attention to how your body is feeling in each movement with non-judgmental awareness and breathe, when you notice your mind wander, return your attention back to the body and breath. Do any pose to the extent your doctor and your body allow you to do. Be gentle or skip anything that is not comfortable in your body. This sequence is not a workout. It is designed to bring awareness to how the body feels.

Note this sequence features block and straps. The postures pictures with these can be done without props or use prop replacements from around your house. (e.g. a sturdy book can become a block, a scarf or belt can become a strap). Props are designed not to support a posture but to provide control over movements.

12B

Inhale-Exhale



1. Mountain Pose Variation Feet Hip Wide Tadasana Variation
Feet Hip Wide

2B

Inhale-Exhale



2. Standing Deltoids Stretch
Tadasana Deltoids Stretch

2B

Inhale-Exhale



3. Standing Deltoids Stretch
Tadasana Deltoids Stretch

6B

Inhale-Exhale



4. Standing Shoulder Rolls

4B

Inhale-Exhale



5. Neck Rotation And Massage

2B

Inhale-Exhale



6. Standing Side Bend Pose Variation

2B

Inhale-Exhale



7. Standing Side Bend Pose Variation

2B

Inhale-Exhale



8. Standing Side Stretch Pose
Ardha Kati Chakrasana

2B

Inhale-Exhale



9. Mountain Pose Twist Arms Shoulder Level Tadasana Twist
Arms Shoulder Level

2B

Inhale-Exhale



10. Mountain Pose Twist Arms Shoulder Level Tadasana Twist Arms Shoulder Level

4B

Inhale-Exhale



11. Standing Pelvic Circles

3B

Inhale-Exhale



12. Intense Leg Stretch Pose Variation Blocks Prasarita Padottanasana Variation Blocks

4B

Inhale-Exhale



13. Seated Forward Bend Pose Strap Paschimottanasana Strap

4B

Inhale-Exhale



14. Seated Torso Circles Kundalini Circles

2B

Inhale-Exhale



15. Firelog Pose Variation 1 Agnistambhasana Variation 1

2B

Inhale-Exhale



16. Sage Marichi Pose C Marichyasana C

2B

Inhale-Exhale



17. Firelog Pose Variation 1 Agnistambhasana Variation 1

2B

Inhale-Exhale



18. Sage Marichi Pose C Marichyasana C

4B

Inhale-Exhale



19. Constructive Rest Arms Overhead Pose Savasana
Variation Arms Overhead Bent
Legs Pose

2-3B

Inhale-Exhale



20. Wind Release Pose
Pawanmuktasana

3B

Inhale-Exhale



21. Supine Spinal Twist Pose II
Supta Matsyendrasana II

3B

Inhale-Exhale



22. Supine Spinal Twist Pose II
Supta Matsyendrasana II

2-3B

Inhale-Exhale



23. Easy Pose Raised Arms Pose

4B

Inhale-Exhale



24. Seated Cat Cow Pose
Upavistha Bitilasana Marjaryasana