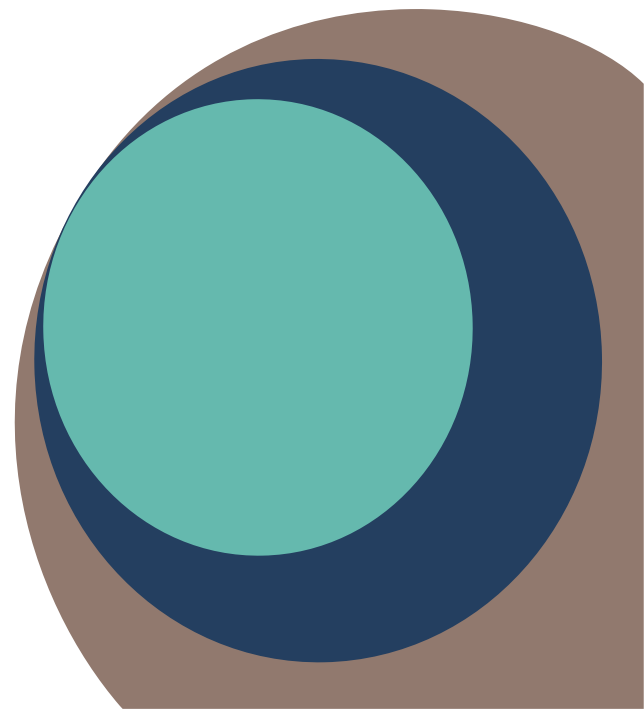


Just Keep Breathing

The (Surprisingly Simple)
Foundations of Yoga

trishelting.com



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Hello!

Welcome you to Just Keep Breathing – The (Surprisingly Simple) Foundations of Yoga.

I'm over the moon excited that you're joining me for this foundational program. Please take a moment to read through this important program information before getting started.

Agreements

As a participant in the program Just Keep Breathing –The (Surprisingly Simple) Foundations of Yoga, you agree to the following conditions.

- All program materials are for your own personal use. Do not share any of the materials, links, or passwords with folks outside the group.
- Information and practices shared in this program are not intended as medical advice. To participate in the program, you should be in good health. If you have a medical condition, you should talk to your doctor and get approval before beginning this or any movement-based program.
- You are responsible for your own health and well-being. Take care of yourself when you practice- never force or strain.
- This program is one of exploration and learning. There will be opportunities for each of us to share personal insights, revelations, and stories on the facebook group and on the live phone calls. Respect the privacy of the group. Do not repeat personal information that others have shared in this group, outside of this group.

Please email me, or post on the facebook page that you have read and understand these conditions. Thank you.

Facebook Group

I have a private Facebook Group where folks can share their discoveries and explore ways to experience a more effortless and joy filled life. It's called The Sisterhood Of The Walking Pants. It's free! And I pop in to answer questions and share tips on living healthier and happier. I'd love to have you join me there.

Click the link below and join the group. Answer a few questions and I'll add you to the group. Please note: I'm a one woman show. Depending on my schedule it can take 24 to 48 hours for me to respond to your request to join the group. It's usually sooner. But, don't panic if it takes a bit.

<https://www.facebook.com/groups/2278700585733912/>

Materials and Recordings

You will have access to program materials via a private page on the website.

Here is the link to the Just Keep Breathing program page.

<http://trishelting.com/just-keep-breathing-2/>

The password is: justbreathe

Timing and Flow

The content is laid out in 6 weekly lessons.

Each week's lesson has: a short video and a separate MP3 audio where you'll explore the breathing focus for that week, another short video about movement or another topic, and weekly segments of the workbook with written worksheets and sequences.

Every other week the lesson includes a new home practice video sequence, and a separate video tutorial of the poses used in each sequence.

Overview of the program;

Week 1 Flow of the breath, directing the breath + primary directions of movement.

Week 2 Sound of the breath + effect of inhale and exhale on movement.

Week 3 The four-part breath + four-part movement.

Week 4 Expanding the four-part breath with ratios + movement with a ratio.

Week 5 Breath control on exhale + the 5 tools of yoga.

Week 6 Breath control on inhale + bringing it all together.

And away we go!

Please head over to the program page and get started.

Week #1 - Breathing Guidelines

Subject: Guidelines for working with your breath

One of the most powerful tools used in yoga is the breath. Yogic breathing techniques are designed to help you improve your breathing, expand your breath capacity, strengthen your lungs, and deliver vital oxygen to your whole system. As you begin to work with your breath please keep in mind the following guidelines.

- 1- When doing breathing techniques you should be as comfortable as possible. Some techniques can be done while lying down. However, sitting is recommended for optimal alignment of the spine. Chairs or cushions are encouraged if sitting on the floor is not comfortable for you.
- 2- Your breath should not feel strained or pushed, and you should never feel out of breath. This is a sign that you are trying to do too much. If you do feel out of breath, stop, and take long smooth breaths until your breathing has returned to normal.
- 3- In general exhale will be longer than inhale.
- 4- When you have finished your practice take some time to rest and observe any changes in the way you feel, before returning to daily activities.

Yogic breathing techniques are called Pranayama. Pranayama practice has a powerful effect on your body at a physical, physiological, and psychological level. It can have a positive effect on your energy and mood, and is highly effective at calming the mind, reducing stress, and easing anxiety.

Week #1 - Breathing Worksheet

Subject: Watching your breath + Axial Extension

Start by finding a comfortable position either seated, or lying down. Take 4 full breaths, being aware of your inhale and exhale.

1. Bring your awareness to your breath.
2. Inhale- feel your breath come in and down (chest lifts and ribs expand, solar plexus expands, belly rises).
3. Exhale- feel your breath go out and up as you gently pull your belly in towards your spine (progressively from the pubic bone to naval, naval to solar plexus).
4. Begin to notice your spine lengthening from the action of your inhale. On exhale pull your belly in and feel support that will help you maintain the length you created from the inhale.
5. Repeat for 6-12 breaths, feeling length in the spine on your inhale and support on your exhale.

When you finish, take a moment to rest and observe any changes in the way you feel.

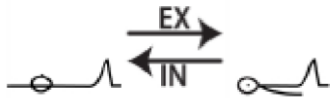
This technique helps you bring your attention to your breath and begin to actively control it, while creating a calming effect.

Week #1 - Home Practice - Yoga Morning

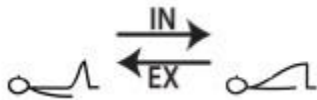
Drawings used with permission from sequencewiz.com.



1. Observe how you feel. Take 6 breaths, feel your breath moving in and out of your body. Allow your spine to lengthen on inhale and gently contract your abdominal muscles on exhale feeling support in your low back.

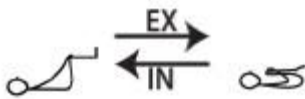


2. Inhale- raise both arms up from your sides towards the ceiling and over head to the floor behind you. Exhale- bring your arms back to your sides. (x3)

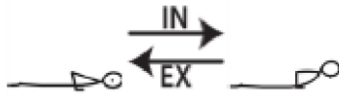


3. Inhale- push down on your feet and roll your pelvis up towards the ceiling. Exhale- roll back down, pelvis to the floor. (x6) If you'd like you can add your arms over head as in video.

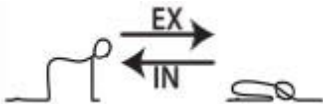
TIP: keep your chin tucked, feel a stretch in the back of your neck.



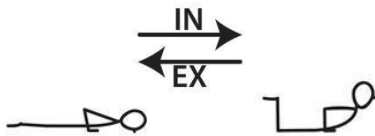
4. Knees to chest. Inhale- arms straight, hands on knees. Exhale- bend your elbows and gently bring your knees towards your chest, stretching your low back. (x6)



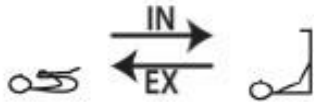
5. Inhale- lift your chest using your back muscles, (not pushing up with hands), head comes to center. Exhale- come back down, turning your head to the side. (x6, alternate head to opposite side with each repetition.)



6. Inhale- to hands and knees. Exhale hips to heels forehead towards the floor. (x6)



7. Inhale- lift your chest using your back muscles, and bend your knees bringing your heels towards your bottom, head comes to center. Exhale- come back down, turning your head to the side. (x3, alternate head to opposite side with each repetition. Then stay up for 3 breaths.)



8. Inhale- Straighten your knees and raise your feet towards the ceiling, flexing your toes towards your nose. Exhale- bend your knees, bring them gently towards your chest. (x3) If you'd like you can add the arms as in the video.

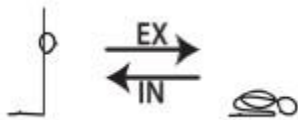
TIP: feel your low back pushing into floor as your legs go up.



9. Begin sitting with legs crossed, right hand on top of left knee, left hand on top of right hand, you'll be looking over your left knee. Inhale- feel length in your spine. Exhale- twist from the belly and look over your left shoulder. (x3, then stay in position for 3 breaths). Repeat on the other side.

TIP: Do not use the arms for leverage. Allow the twist to come from the contraction of the abdominal muscles on exhale.

CAUTION: Twists may be problematic for those with chronic low back issues. Take care when practicing, and skip if you aren't sure.



10. Inhale- sweep arms out to the sides and up (like angel wings) as you lift your chest and stand on knees. Exhale- sweep arms out to the sides and bring your hands to your low back as you bend forward, forehead towards the floor. (x6)



11. Follow the flow of your breath for about 6 breaths. Feel the movement your breath creates. Then notice how you feel and rest in stillness for a time.

Week #1- Practice Journal

Please take notes- what do you notice and observe about your practice.

This week: pay special attention to the flow of your breath as it moves in and out, and how the flow of your breath affects the poses.

Things to consider...

What do you observe about your breath?

What do you notice moving when you breathe?

How do you feel when you watch your breath?