



# LIFE IS NOW PAIN CARE™

Practice #1 - Neil Pearson

Seated

Breath awareness -

Notice

the sensations of air coming in and out of nose  
the sound of the air coming in, and the sound of it going out  
the smoothness or edginess of the sound  
the pace of the air from the beginning to the end of the inhale  
the pace of the air from the beginning to the end of the exhale  
the length of your inhale and the length of the exhale  
where your body moves as you breathe in  
where your body moves as you breathe out  
movement on the right side of your body and on the left  
whether your spine, your shoulders, your neck, your hips move as you breathe in  
whether your spine, your shoulders, your neck, your hips move as you breathe out

the areas of your body that tend to be tense

- do those areas change as you breathe in

- do those areas change as you breathe out

any areas of discomfort or pain

- do those areas change as you breathe in

- do those areas change as you breathe out

Make your breath a little longer

Make your breath a little smoother - the sound, how your body moves, ...

Make your breath a little calmer

Expand the sensations of length, and smoothness, and calm to your body.

Expand the sensations of length, and smoothness and calm to your mind.

Expand the sensations of length, and smoothness and calm to your spirit.

Take these sensations into this practice.

Coordinate with breath - breathe out - move away from neutral; breathe in move back to

centre - do 5-6 reps of each (side)

Neck rotation

Neck side bend

Neck flexion

Cross-legged seated spine rotation

Cross-legged seated spine flexion

Breathe in - Raise one arm to sky, breathe out - side bend to opposite side,

breathe in - back to neutral, breathe out - arms comes down (repeat side to side for 6

breaths)

Dandasana - lengthen breath, lengthen legs, lengthen spine - create some increased

energy

Seated forward bend - "find the place where you feel your body can let go

- where you

feel safe - where you know you will not regret it later"

Inclined plank - Purvottanasana - modified with hips remaining on mat

Repeat with option to use arms to pull forward, and option to lift hips in back bend

Repeat with awareness of the just right amount of smoothness and

calmness in breath,

body, mind and spirit

Come to belly

lengthen legs, spine and breath

position for cobra, and as inhale lift up towards cobra just a bit, and come down

on exhale, - then a little more with each breath in

Child's pose - awareness of breath - longer, calmer, smoother

Prone, single leg raise, alternate sides with each breath

Double leg raise with breath

Child's pose - awareness of breath - longer, calmer, smoother

Sphinx - awareness of breath - longer, calmer, smoother

Child's pose

Pigeon - choice of modification

Child's pose - awareness of breath - longer, calmer, smoother

Locust with hands clasped behind lower back

Child's pose

Standing - awareness of breath - longer, calmer, smoother

awareness of body

feet on floor, soft toes, engaged legs, lower belly drawing

in, lower ribs drawing

in, heart lifting, shoulder blades back and down, front of

neck drawing towards back,

spine lengthening

notice effort

engage all of these more than need to so you feel propped up

let the engagement go so you feel collapsed

breathe in prop up

breathe out, collapse

with each breath, prop a little less, and collapse a little less

until you find that just

right place in the middle

Then take that just right amount of effort to your breath, and to your mind.

Forward bend

Arms raised back bend

Step back to warrior 1 - each side

Find the just right effort and letting go position again, with

longer, calmer,

smoother breath.

Step back to warrior 2

Find the just right effort and letting go position again, with

longer, calmer,

smoother breath.

Step back to exalted warrior

Find the just right effort and letting go position again, with

longer, calmer,

smoother breath.

Sun salutations - take them through 6 or so each side -

each time coming back to

tadasana, finding effort/letting go and long, calm, smooth

breath

Standing balance - tree

Come down to back

Pull knees to chest

Bridge

Reclined twist

Savasana