



LIFE IS NOW PAIN CARE™

Practice 3 - Neil Pearson

Kaya kriya (about 9 of each)
breathe in, legs roll in
breathe out, legs roll out
add breathe in arms roll out
breathe out arms roll in
add breathe in head rolls to right
breathe out head rolls to the left
Supine, legs bent and feet on floor
check in with breath, and with body
notice what has been on your mind lately
set your intention of what you want from this practice
round shoulder forward/up, and pull them back towards each other
lift shoulders towards ears, and pull them away
round right shoulder forward and pull left back at the same time - reverse, and move with breath
lift right shoulder towards ear and draw left away - reverse and move with breath
reach arms/hands to sky - breathe in and reach shoulder blades up as well, breathe out and pull them back towards each other
lengthen legs on floor
draw shoulder blades down, and breathe arms up to sky, and down towards the wall behind you - breathe in bring them up, and out take them back down
engage transversus abdominus (pull up the front of the hammock)
engage multifidus (pull up the back of the hammock)
reclined twist - each side
hands and knees
cat cow
side bend - look towards hip and bring same hip towards shoulder - back and forth
flex and extend low back without moving upper back
flex and extend upper back without moving lower back
on belly
engage transversus abdominus (pull up the front of the hammock)
engage multifidus (pull up the back of the hammock)
keep some of the engagement and with arms over head - lift arm and opposite leg - hold (3 times each side)
child's pose
lift both arms and legs
child's pose
Standing
make a 'deep cup' with palms of hands, then do the same with feet
maintain this while perform 'sun arms'
engage transversus abdominus (pull up the front of the hammock)
engage multifidus (pull up the back of the hammock)
maintain this while perform 'sun arms'
Step back to triangle, the warrior I, proud warrior and exalted warrior - with each one, engage the arch and the front and back of the hammock
Sun salutations - 3 rounds with drawing up the arches
3 rounds with hammock
3 rounds with arches and hammock
Natarajasana
Bridge
1. imagine the feeling of doing it.
2. do it
3. imagine doing it with the arches drawing up, and with the hammock
4. do it with the arches and hammock
reclined twist
savasana - brief yoga nidra