

The background of the entire page is a dark teal color, decorated with a pattern of stylized, lighter teal leaves and branches. The leaves are of various shapes, some elongated and pointed, others more rounded, and some have small white dots along their veins. The branches are thin and curvy, creating a natural, organic feel. In the center of the page, there is a large, faint, circular graphic element that serves as a backdrop for the text.

Breath & Movement

Notes on using the SACE
movement series resources

Before you begin one of the two practices outlined in this handout, the next page will outline some things to consider, as well as some guidance on breathing techniques. At the end of this package, you will find some printable posters of the breathing exercises. Each movement series can also be printed double-sided to have handy while you practice.



Breath & Awareness

Before you begin

You may want to put on comfortable clothes you can move in. Take time to settle into your space, welcoming anything that brings you comfort and helps reinforce your safety. You can also put on music or make any other adjustments needed, such as lighting or temperature. This is your time, there is no need to practice in a specific way, and no right or wrong way to look after your body during your practice. Every version of you and how you settle into and relax your body is welcome.

For any yoga or movement series, only do what suits your body. If something doesn't feel good, you are never obligated to do it. No special equipment is needed to do the poses, but you are welcome to use any props, pillows or blankets you might like to help support your comfort. If you have any injuries, consult a doctor first.

Start with Breath

Shift your attention to the mind and body. Notice your breathing without judgement. Is the breath fast or slow? Deep or shallow? Try and focus on the different parts of the breath, the inhale, the exhale, and the pause in-between. Is your mind busy or slow today? Are any areas of the body tender? Welcome it all. Movement and mindfulness can stir up a variety of thoughts and feelings, some comfortable and some not so comfortable, and it is completely okay to need to stop or take a break, or to spend more time with certain poses.

Belly Breath:

With relaxed breath, inhale and expand the belly like a balloon, then exhale drawing the belly in to the spine. This can be done laying on the back or seated. Deep belly breathing helps calm the mind.

Honey Bee Breath:

Sit in a comfortable position, eyes closed. Take a deep breath in, and sigh it out. Inhale slowly through the nose into the belly, and exhale through the nose with a loud humming sound, tongue on the roof of the mouth. This helps calm the mind and release negative emotions.

Ocean Sounding Breath:

Inhale through the nose, constricting the throat slightly as if you were sipping air through a straw. Exhale through your nose like you are fogging up a mirror. This helps to calm the mind, and draw the awareness inwards.

Rooted

Morning Movement Series



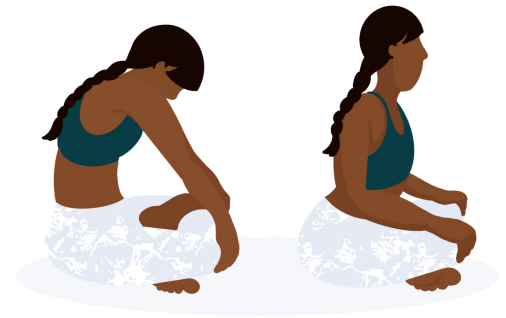
Seated Neck & Shoulder Stretch

Sit up tall, with the spine long and the sit bones rooted into the earth. You can sit on a blanket or block if you would like. Start by reaching both arms up towards the sky. Exhale and allow the left hand to come down to the earth, and the right to reach up and over, fingertips towards the left ear. Take 5 deep breaths here and switch sides.



Seated Spinal Twist

This is an active posture, where you move with the breath. On the exhale, round your spine, gaze down and tone your belly. On your inhale, arch your back, let your belly relax and go loose, and gaze up to the sky. Be mindful of doing this if you have a back injury. Take 10 rounds of breath here.



Seated Cat Cow

This is an active posture, where you move with the breath. On the exhale, round your spine, gaze down and tone your belly. On your inhale, arch your back, let your belly relax and go loose, and gaze up to the sky. Be mindful of doing this if you have a back injury. Take 10 rounds of breath here.

Mountain Pose

Stand with your big toes touching, heels slightly apart. Engage your thigh muscles, lift the knee caps, tone the belly, and lengthen the spine. Soften the shoulders away from the ears, and reach the arms to the sky. Take care if you have



trouble balancing, and consider standing with a chair or with one hand on the wall. Stay here for 5 breaths. Experiment with keeping your eyes open or closed, or coming up onto your toes to challenge your balance.



Standing Forward Fold

Coming from mountain pose, lower your hands to your hips. Exhale as you bend forward at the hips, lengthening the front of your torso. Bend your elbows, and hold on to each elbow with the opposite hand. Bend softly in the knees. Let the crown of your head hang down, and gently sway from side to side. Take 5 deep breaths here.



Warrior 2

From standing, step back with your left leg so legs are leg-length apart. Right toes face the front of the room, and left toes face the side of the room. Let your hips open to the side, keeping the spine long. Engage your tummy and keep your legs firmly rooted into the earth. Extend your arms out long, and gaze towards the front of the room. Take 5 deep breaths and then switch sides.



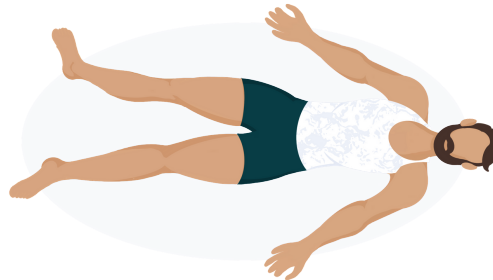
Child's Pose

Gently come on to hands and knees. Draw the knees hip width apart, or closer depending on what feels comfortable. Walk the hands forward to release the body slowly down. Rest your head on the mat, your stacked hands, or on a pillow or folded blanket. Soften the heart towards the earth. Take 10 breaths here.



Laying Twist

Move onto the back, with the knees in towards the chest. Exhale the arms out into a T shape, and stretch your legs long. Shift the hips left and draw the knees over towards the right. Take 10 breaths and switch sides. Feel free to pull a blanket over you as you rest in the stretch.



Resting

Lie flat on your back, with the heels spread wide. The arms can be a few inches away from the body, palms up, or else placed on the low belly. Feel free to use a blanket or cushion to stay comfortable. Remain here with the eyes soft or closed for 5-7 minutes.



Easy Seated Pose

Take a few moments to reconnect with the breath and sit in stillness. Check in on how you are feeling. Your mind might be more at rest, or your body may feel looser or more comfortable. Stay here for a few minutes. Drink water and take it slow as you continue to unwind and settle.

Release

Evening Ease Movement Series

To help prepare the mind and body before you start with your chosen movement series, an intention or goal can be set. Think about what you hope to get out of this time, such as a clearer mind, more relaxed or loose body, or calmer emotions.



Seated Neck & Shoulder Stretch

Sit up tall, with the spine long and the sit bones rooted into the earth. You can sit on a blanket or block if you would like. Start by reaching both arms up towards the sky. Exhale and allow the left hand to come down to the earth, and the right to reach up and over, fingertips towards the left ear. Take 5 deep breaths here and switch sides.



Seated Cat Cow

This is an active posture, where you move with the breath. On the exhale, round your spine, gaze down and tone your belly. On your inhale, arch your back, let your belly relax and go loose, and gaze up to the sky. Be mindful of doing this if you have a back injury. Take 10 rounds of breath here.



Seated Spinal Twist

Lengthen your spine, and as you inhale, place your right hand flat on the floor behind you and your left hand on your right knee. On the exhale, move deeper into the twist while looking over your right shoulder. Hold for five breaths, then switch sides. Take care if you have neck, back or shoulder injuries.



Seated Forward Fold

Start in an easy seat and reach up to the sky. Exhale as you bend forward at the hips, lengthening the front of your torso. Soften the knees. Let the crown of your head hang down and relax. You can sit on a rolled up towel or block. Take 10 deep breaths here.



Sphinx

Start by swinging your legs around to lay on your belly. If you have neck or back injuries please rest easy here. Draw the legs up hip width apart and press the tops of the feet into the earth. Arrange your shoulders over your elbows and soften away from your ears. Open through the heart as the crown lifts and palms press into the earth. Take 10 deep breaths here.



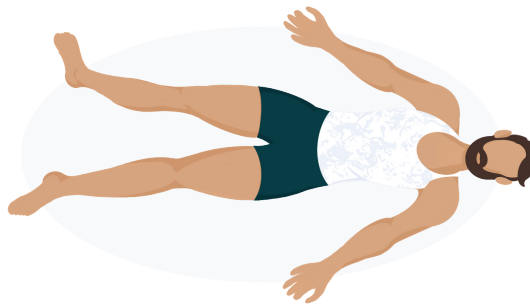
Reclined Pigeon Pose

Lie on your back with your feet on the floor hip width apart. Inhale as you draw the right ankle on top of the left thigh. Wrap your arms around the back of the left leg and press down gentle through the right knee. There should be no pain. Take 10 breaths and then switch sides.



Reclined Twist

Still on the back, pull the knees in towards the chest, and then exhale the arms out into a T shape and stretch the legs long. You can place a blanket over the belly if this feels cozy. Shift the hips left and draw the knees over to the right. Take 10 breaths and switch sides.



Resting

Lie flat on your back, with the heels spread wide. The arms can be a few inches away from the body, palms up, or else placed on the low belly. Feel free to use a blanket or cushion to stay comfortable. Remain here with the eyes soft or closed for 5-7 minutes.



Easy Seated Pose

Take a few moments to reconnect with the breath and sit in stillness. Check in on how you are feeling. Your mind might be more at rest, or your body may feel looser or more comfortable. Stay here for a few minutes. Drink water and take it slow as you continue to unwind and settle.



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Inhale through the nose, constricting the throat slightly as if you were sipping air through a straw. Exhale through your nose like you are fogging up a mirror. This helps to calm the mind, and draw the awareness inwards.





Honey Bee Breath

Sit in a comfortable position, eyes closed. Take a deep breath in, and sigh it out. Inhale slowly through the nose into the belly, and exhale through the nose with a loud humming sound, tongue on the roof of the mouth. This helps calm the mind and release negative emotions.

