

WEBVTT

NOTE duration:"00:45:05.7600000"

NOTE language:en-us

NOTE Confidence: 0.7623051

00:00:04.600 --> 00:00:07.668 Hello, my name is Bill Ban again.

NOTE Confidence: 0.7623051

00:00:07.670 --> 00:00:09.870 I'm teaching for integrative medicine,

NOTE Confidence: 0.7623051

00:00:09.870 --> 00:00:12.264 yoga and IG instructor and we're

NOTE Confidence: 0.7623051

00:00:12.264 --> 00:00:15.139 going to chair based exercises today.

NOTE Confidence: 0.7623051

00:00:15.140 --> 00:00:16.820 So welcome will begin.

NOTE Confidence: 0.7623051

00:00:16.820 --> 00:00:19.970 So we're going to find a chair,

NOTE Confidence: 0.7623051

00:00:19.970 --> 00:00:22.598 sturdy and a very clear stay.

NOTE Confidence: 0.7623051

00:00:22.600 --> 00:00:23.642 Comfortable clothes,

NOTE Confidence: 0.7623051

00:00:23.642 --> 00:00:26.247 footwear or bare feet and

NOTE Confidence: 0.7623051

00:00:26.247 --> 00:00:28.510 everything will work for you.

NOTE Confidence: 0.7623051

00:00:28.510 --> 00:00:31.118 And as I go back toward the chair,

NOTE Confidence: 0.7623051

00:00:31.120 --> 00:00:33.760 I'm going to make sure that I'm against

NOTE Confidence: 0.7623051

00:00:33.760 --> 00:00:36.710 the chair and to get into the sharing

NOTE Confidence: 0.7623051

00:00:36.710 --> 00:00:38.649 that inhale stretch forward slightly

NOTE Confidence: 0.7623051
00:00:38.649 --> 00:00:40.959 and on the exhale release down.
NOTE Confidence: 0.7623051
00:00:40.960 --> 00:00:43.216 And then from here I'm going to bring
NOTE Confidence: 0.7623051
00:00:43.216 --> 00:00:45.056 myself toward the front of my chair,
NOTE Confidence: 0.7623051
00:00:45.060 --> 00:00:46.500 so I have my thighs free
NOTE Confidence: 0.7623051
00:00:46.500 --> 00:00:48.060 and my feet are parallel.
NOTE Confidence: 0.7623051
00:00:48.060 --> 00:00:49.698 I'm sitting upright in my chair.
NOTE Confidence: 0.75534797
00:00:53.390 --> 00:00:57.046 My feet and legs and hips and shoulders
NOTE Confidence: 0.75534797
00:00:57.046 --> 00:01:00.800 settle. Relax my face and jaw.
NOTE Confidence: 0.75534797
00:01:00.800 --> 00:01:03.797 Close my eyes and just come into my breath.
NOTE Confidence: 0.7502541
00:01:06.530 --> 00:01:07.675 Noticing how my breath
NOTE Confidence: 0.7502541
00:01:07.675 --> 00:01:09.100 moves naturally in and out.
NOTE Confidence: 0.8334797
00:01:12.340 --> 00:01:14.185 Long myself to rest into this
NOTE Confidence: 0.8334797
00:01:14.185 --> 00:01:16.500 space of body and mind and breath.
NOTE Confidence: 0.75194305
00:01:18.640 --> 00:01:22.917 So they gather to bring release integration.
NOTE Confidence: 0.84225947
00:01:25.570 --> 00:01:28.218 Well, tune into my balance and alignment.
NOTE Confidence: 0.8602086

00:01:31.540 --> 00:01:34.159 And opening up to health and well being.

NOTE Confidence: 0.83922094

00:01:38.400 --> 00:01:40.620 And the first thing I'm going to do is

NOTE Confidence: 0.83922094

00:01:40.620 --> 00:01:43.156 I am going to do some work through the

NOTE Confidence: 0.83922094

00:01:43.156 --> 00:01:45.538 top part of my body so the head and

NOTE Confidence: 0.83922094

00:01:45.538 --> 00:01:48.060 neck area so my face and John relax,

NOTE Confidence: 0.83922094

00:01:48.060 --> 00:01:49.215 my shoulders settled.

NOTE Confidence: 0.83922094

00:01:49.220 --> 00:01:53.204 I'm gonna bring my chin down it up.

NOTE Confidence: 0.83922094

00:01:53.210 --> 00:01:54.758 Keeping my neck long.

NOTE Confidence: 0.81552535

00:01:59.980 --> 00:02:02.094 So we went through the front and

NOTE Confidence: 0.81552535

00:02:02.094 --> 00:02:04.079 back of the neck and throat.

NOTE Confidence: 0.6504721

00:02:10.200 --> 00:02:12.188 Again, easy natural breath.

NOTE Confidence: 0.8561253

00:02:27.660 --> 00:02:29.697 Exercise I'm going to do is I'm

NOTE Confidence: 0.8561253

00:02:29.697 --> 00:02:31.782 going to take my right hand across

NOTE Confidence: 0.8561253

00:02:31.782 --> 00:02:34.154 my left hand on top and then I'm

NOTE Confidence: 0.8561253

00:02:34.154 --> 00:02:36.538 gonna turn my head from side to side.

NOTE Confidence: 0.8561253

00:02:36.540 --> 00:02:40.626 So slowly guessing my gaze across.

NOTE Confidence: 0.8561253
00:02:40.630 --> 00:02:42.856 They have some visual acuity here.
NOTE Confidence: 0.8571917
00:02:45.130 --> 00:02:46.465 You know, opening up through
NOTE Confidence: 0.8571917
00:02:46.465 --> 00:02:47.800 the sides of my neck.
NOTE Confidence: 0.8243228
00:03:08.040 --> 00:03:10.357 In come back to the center and
NOTE Confidence: 0.8243228
00:03:10.357 --> 00:03:12.404 then I'll take my hands down
NOTE Confidence: 0.8243228
00:03:12.404 --> 00:03:14.672 to my legs again from here not
NOTE Confidence: 0.8243228
00:03:14.749 --> 00:03:16.739 so dissimilar from cat cow.
NOTE Confidence: 0.8243228
00:03:16.740 --> 00:03:18.666 In yoga I'm going to inhale
NOTE Confidence: 0.8243228
00:03:18.666 --> 00:03:20.570 to stretch the hard forward,
NOTE Confidence: 0.8243228
00:03:20.570 --> 00:03:22.658 exhale to stretch the navel back.
NOTE Confidence: 0.8243228
00:03:22.660 --> 00:03:24.736 And if you're on the side,
NOTE Confidence: 0.8243228
00:03:24.740 --> 00:03:26.140 would look like this.
NOTE Confidence: 0.8557947
00:03:28.740 --> 00:03:31.930 So going at your own pace.
NOTE Confidence: 0.8557947
00:03:31.930 --> 00:03:36.160 How much stretch you can bring into play.
NOTE Confidence: 0.8557947
00:03:36.160 --> 00:03:38.140 I'm using the actual graph
NOTE Confidence: 0.8557947

00:03:38.140 --> 00:03:40.120 the inhale to move forward.
NOTE Confidence: 0.8557947

00:03:40.120 --> 00:03:42.100 The XL for Stretch tack.
NOTE Confidence: 0.7135169

00:04:04.450 --> 00:04:09.469 And then will come center and operate again.
NOTE Confidence: 0.7135169

00:04:09.470 --> 00:04:11.603 From here we're going to do the same thing,
NOTE Confidence: 0.7135169

00:04:11.610 --> 00:04:13.899 except I'm going to take the left
NOTE Confidence: 0.7135169

00:04:13.899 --> 00:04:16.045 hand across right hand on top and
NOTE Confidence: 0.7135169

00:04:16.045 --> 00:04:18.279 then move my head from side to side.
NOTE Confidence: 0.7135169

00:04:18.280 --> 00:04:20.974 So this positions my arms and
NOTE Confidence: 0.7135169

00:04:20.974 --> 00:04:23.353 shoulders into a particular position
NOTE Confidence: 0.7135169

00:04:23.353 --> 00:04:25.848 to equally stretch each side.
NOTE Confidence: 0.7468872

00:04:29.480 --> 00:04:30.930 Any anti good nice and
NOTE Confidence: 0.7468872

00:04:30.930 --> 00:04:32.090 slow with natural breath.
NOTE Confidence: 0.8766275

00:05:02.820 --> 00:05:04.907 Yeah, and then coming back to the center,
NOTE Confidence: 0.8766275

00:05:04.910 --> 00:05:08.078 released and then I'm going to bring my.
NOTE Confidence: 0.8766275

00:05:08.080 --> 00:05:09.700 Head from side to side easily.
NOTE Confidence: 0.8766275

00:05:09.700 --> 00:05:11.504 Just the natural occurring

NOTE Confidence: 0.8766275
00:05:11.504 --> 00:05:13.308 weight of the head.
NOTE Confidence: 0.8766275
00:05:13.310 --> 00:05:15.046 So you think of it as ear to
NOTE Confidence: 0.8766275
00:05:15.046 --> 00:05:16.379 shoulder and ear to shoulder.
NOTE Confidence: 0.83963287
00:05:25.320 --> 00:05:27.605 All the while staying upright in the chair.
NOTE Confidence: 0.75436693
00:05:37.870 --> 00:05:40.304 It will come back to the center and
NOTE Confidence: 0.75436693
00:05:40.304 --> 00:05:42.688 let our arms hanging by our sides.
NOTE Confidence: 0.75436693
00:05:42.690 --> 00:05:45.287 We're going to turn the Poms out
NOTE Confidence: 0.75436693
00:05:45.287 --> 00:05:47.934 and bring them up and then turn
NOTE Confidence: 0.75436693
00:05:47.934 --> 00:05:50.590 the palms down and bring them down.
NOTE Confidence: 0.75436693
00:05:50.590 --> 00:05:52.855 Then you could follow the inhale
NOTE Confidence: 0.75436693
00:05:52.855 --> 00:05:55.320 up and follow the exhale down.
NOTE Confidence: 0.75436693
00:05:55.320 --> 00:05:58.350 So while remaining long extended through
NOTE Confidence: 0.75436693
00:05:58.350 --> 00:06:01.640 the spine and relax the shoulders.
NOTE Confidence: 0.75436693
00:06:01.640 --> 00:06:04.136 Sterling into the feed and share.
NOTE Confidence: 0.79396963
00:06:06.760 --> 00:06:08.300 Getting some movement to
NOTE Confidence: 0.79396963

00:06:08.300 --> 00:06:10.225 the arms and the sides.
NOTE Confidence: 0.716597

00:06:17.310 --> 00:06:18.840 Then again, following the inhale,
NOTE Confidence: 0.716597

00:06:18.840 --> 00:06:20.360 often following the Excel down.
NOTE Confidence: 0.79764867

00:06:40.690 --> 00:06:42.993 And then release and then we'll bring
NOTE Confidence: 0.79764867

00:06:42.993 --> 00:06:45.019 the shoulders up toward the ears,
NOTE Confidence: 0.79764867

00:06:45.020 --> 00:06:48.236 and then bring the shoulders down.
NOTE Confidence: 0.79764867

00:06:48.240 --> 00:06:50.432 Again, moving through the.
NOTE Confidence: 0.79764867

00:06:50.432 --> 00:06:53.720 Back body to help lift the
NOTE Confidence: 0.79764867

00:06:53.824 --> 00:06:57.028 shoulders up the arm just rest.
NOTE Confidence: 0.79764867

00:06:57.030 --> 00:06:58.506 So you do the work through
NOTE Confidence: 0.79764867

00:06:58.506 --> 00:06:59.490 the back and shoulders.
NOTE Confidence: 0.7374821

00:07:14.730 --> 00:07:17.173 Skeleton then they will do some shoulder
NOTE Confidence: 0.7374821

00:07:17.173 --> 00:07:20.350 rotation up forward, down and back.
NOTE Confidence: 0.7374821

00:07:20.350 --> 00:07:21.740 So now rolling the shoulders,
NOTE Confidence: 0.7374821

00:07:21.740 --> 00:07:23.956 keeping the arms just relaxed by your sides.
NOTE Confidence: 0.69120383

00:07:41.450 --> 00:07:43.710 It'll bring the shoulders up,

NOTE Confidence: 0.69120383

00:07:43.710 --> 00:07:45.510 back, down and forward.

NOTE Confidence: 0.74591464

00:07:47.840 --> 00:07:50.270 So reversing the direction of rotation.

NOTE Confidence: 0.6388189

00:08:17.310 --> 00:08:18.640 And then release.

NOTE Confidence: 0.6388189

00:08:18.640 --> 00:08:21.586 From here we're going to bring

NOTE Confidence: 0.6388189

00:08:21.586 --> 00:08:24.036 our arms forward. Close sophists.

NOTE Confidence: 0.6388189

00:08:24.036 --> 00:08:26.094 And then we're gonna bring the

NOTE Confidence: 0.6388189

00:08:26.094 --> 00:08:28.244 elbows very close to the body

NOTE Confidence: 0.6388189

00:08:28.244 --> 00:08:29.989 shoulder blades towards each other,

NOTE Confidence: 0.6388189

00:08:29.990 --> 00:08:33.224 turning the head from side to side.

NOTE Confidence: 0.6388189

00:08:33.230 --> 00:08:35.350 So you had a nice way of stretching

NOTE Confidence: 0.6388189

00:08:35.350 --> 00:08:37.468 through the front and back of the body.

NOTE Confidence: 0.66880363

00:08:39.600 --> 00:08:41.650 Lisa moving into the arms.

NOTE Confidence: 0.8511647

00:09:15.330 --> 00:09:16.825 And then release and then with

NOTE Confidence: 0.8511647

00:09:16.825 --> 00:09:18.376 the Same's office room to stretch

NOTE Confidence: 0.8511647

00:09:18.376 --> 00:09:20.140 the right arm out left elbow back.

NOTE Confidence: 0.8511647

00:09:20.140 --> 00:09:22.210 Look to the right and then
NOTE Confidence: 0.8511647

00:09:22.210 --> 00:09:24.240 come back to the center.
NOTE Confidence: 0.8511647

00:09:24.240 --> 00:09:26.725 So we get another way of working
NOTE Confidence: 0.8511647

00:09:26.725 --> 00:09:28.536 through the torso and the
NOTE Confidence: 0.8511647

00:09:28.536 --> 00:09:30.558 arms in a very relaxed manner.
NOTE Confidence: 0.8511647

00:09:30.560 --> 00:09:33.950 And again you could follow the.
NOTE Confidence: 0.8511647

00:09:33.950 --> 00:09:35.918 Axiron falling here.
NOTE Confidence: 0.7131517

00:09:42.420 --> 00:09:44.597 Staying upright and relaxed in your chair.
NOTE Confidence: 0.7369846

00:10:00.500 --> 00:10:02.298 Yeah, I'll take it to the other side.
NOTE Confidence: 0.794106

00:10:33.590 --> 00:10:34.900 And then release and they're
NOTE Confidence: 0.794106

00:10:34.900 --> 00:10:36.609 going to bring the right arm up.
NOTE Confidence: 0.794106

00:10:36.610 --> 00:10:38.128 We're going to bend the elbow.
NOTE Confidence: 0.794106

00:10:38.130 --> 00:10:39.642 We're going to take the left
NOTE Confidence: 0.794106

00:10:39.642 --> 00:10:41.152 hand to the elbow, and we're
NOTE Confidence: 0.794106

00:10:41.152 --> 00:10:42.658 going to stretch that elbow back,
NOTE Confidence: 0.794106

00:10:42.660 --> 00:10:44.361 staying upright as if we want to

NOTE Confidence: 0.794106
00:10:44.361 --> 00:10:46.190 scratch the back with that right hand.
NOTE Confidence: 0.86894965
00:10:51.760 --> 00:10:53.440 Just breathing in place.
NOTE Confidence: 0.822279788846154
00:10:56.430 --> 00:10:58.428 And then release. It will take
NOTE Confidence: 0.822279788846154
00:10:58.428 --> 00:11:01.435 the left arm up as if we want to
NOTE Confidence: 0.822279788846154
00:11:01.435 --> 00:11:03.505 scratch the back right hand to
NOTE Confidence: 0.822279788846154
00:11:03.505 --> 00:11:05.500 draw the elbows back slightly.
NOTE Confidence: 0.8101809
00:11:17.950 --> 00:11:19.666 And then release and I'm going
NOTE Confidence: 0.8101809
00:11:19.666 --> 00:11:21.359 to take both hands behind the
NOTE Confidence: 0.8101809
00:11:21.359 --> 00:11:23.319 head and I will do some work to
NOTE Confidence: 0.8101809
00:11:23.379 --> 00:11:25.125 open up the side lateral body.
NOTE Confidence: 0.8101809
00:11:25.130 --> 00:11:26.714 So on the exhale followed over
NOTE Confidence: 0.8101809
00:11:26.714 --> 00:11:28.709 to left on the inhale back up.
NOTE Confidence: 0.77831435
00:12:09.070 --> 00:12:10.598 Go ahead and then we'll come back
NOTE Confidence: 0.77831435
00:12:10.598 --> 00:12:12.390 up and take it to the other side.
NOTE Confidence: 0.77831435
00:12:12.390 --> 00:12:13.710 Follow the exhale to the right.
NOTE Confidence: 0.77831435

00:12:13.710 --> 00:12:14.370 Inhale back up.
NOTE Confidence: 0.86533266

00:12:47.620 --> 00:12:49.075 God and then release and
NOTE Confidence: 0.86533266

00:12:49.075 --> 00:12:50.530 then we'll take our hands.
NOTE Confidence: 0.86533266

00:12:50.530 --> 00:12:52.880 The back of the chair.
NOTE Confidence: 0.86533266

00:12:52.880 --> 00:12:54.470 And they were just going
NOTE Confidence: 0.86533266

00:12:54.470 --> 00:12:56.060 to bring the heart forward.
NOTE Confidence: 0.86533266

00:12:56.060 --> 00:12:57.276 Sitting steadily into the
NOTE Confidence: 0.86533266

00:12:57.276 --> 00:12:59.100 chair to open up the chest,
NOTE Confidence: 0.86533266

00:12:59.100 --> 00:13:00.620 you'll feel the shoulder blades
NOTE Confidence: 0.86533266

00:13:00.620 --> 00:13:02.140 being drawn toward each other.
NOTE Confidence: 0.64800805

00:13:12.070 --> 00:13:13.698 Yeah, then slowly release
NOTE Confidence: 0.64800805

00:13:13.698 --> 00:13:16.134 will bring the arms up again,
NOTE Confidence: 0.64800805

00:13:16.140 --> 00:13:18.145 interlace the fingers and will
NOTE Confidence: 0.64800805

00:13:18.145 --> 00:13:21.040 stretch the arms up on the exhale
NOTE Confidence: 0.64800805

00:13:21.040 --> 00:13:23.868 and release them on the inhale again.
NOTE Confidence: 0.64800805

00:13:23.870 --> 00:13:26.238 Now working through the

NOTE Confidence: 0.64800805
00:13:26.238 --> 00:13:29.198 wrists and palms and arms.
NOTE Confidence: 0.64800805
00:13:29.200 --> 00:13:30.190 Creating links.
NOTE Confidence: 0.60549325
00:13:47.750 --> 00:13:51.340 And then from that length.
NOTE Confidence: 0.60549325
00:13:51.340 --> 00:13:52.804 Now we're going to take ourselves
NOTE Confidence: 0.60549325
00:13:52.804 --> 00:13:54.700 over to the right side of the chair,
NOTE Confidence: 0.60549325
00:13:54.700 --> 00:13:56.862 and we're going to do a nice, easy twist.
NOTE Confidence: 0.60549325
00:13:56.862 --> 00:13:59.400 So as we turn to the back of the chair
NOTE Confidence: 0.60549325
00:13:59.400 --> 00:14:02.000 will take our hands the back of the chair.
NOTE Confidence: 0.60549325
00:14:02.000 --> 00:14:04.624 And I'm going to press him with my.
NOTE Confidence: 0.60549325
00:14:04.630 --> 00:14:08.018 Right arm and pull with my left
NOTE Confidence: 0.60549325
00:14:08.018 --> 00:14:10.500 turn slightly toward the right.
NOTE Confidence: 0.60549325
00:14:10.500 --> 00:14:13.656 Huge movement but enough just to
NOTE Confidence: 0.60549325
00:14:13.656 --> 00:14:17.130 bring yourself into a slight twist.
NOTE Confidence: 0.60549325
00:14:17.130 --> 00:14:19.615 As you breathe, keep your shoulders relaxed.
NOTE Confidence: 0.49503985
00:14:23.750 --> 00:14:25.770 Helen slowly release.
NOTE Confidence: 0.82710207

00:14:28.030 --> 00:14:29.415 And then from here will come
NOTE Confidence: 0.82710207

00:14:29.415 --> 00:14:30.920 to the center of the chair.
NOTE Confidence: 0.82710207

00:14:30.920 --> 00:14:32.607 We take our hands in her chair,
NOTE Confidence: 0.82710207

00:14:32.610 --> 00:14:34.885 and then we're going to stretch forward.
NOTE Confidence: 0.82710207

00:14:34.890 --> 00:14:36.360 So the back is long,
NOTE Confidence: 0.82710207

00:14:36.360 --> 00:14:38.195 but we're supporting to the
NOTE Confidence: 0.82710207

00:14:38.195 --> 00:14:40.498 chair and the feet. Getting leg.
NOTE Confidence: 0.82710207

00:14:40.498 --> 00:14:43.396 If you need more of a stretch,
NOTE Confidence: 0.82710207

00:14:43.400 --> 00:14:45.880 you bring your fingers down
NOTE Confidence: 0.82710207

00:14:45.880 --> 00:14:47.864 and stretch even further.
NOTE Confidence: 0.82710207

00:14:47.870 --> 00:14:49.151 Keeping everything long
NOTE Confidence: 0.82710207

00:14:49.151 --> 00:14:50.859 and relaxed with breath.
NOTE Confidence: 0.82904786

00:15:00.040 --> 00:15:03.386 Good and then slowly make your way back up.
NOTE Confidence: 0.82904786

00:15:03.390 --> 00:15:05.756 It will take it to the other
NOTE Confidence: 0.82904786

00:15:05.756 --> 00:15:07.930 side's going to the left side.
NOTE Confidence: 0.82904786

00:15:07.930 --> 00:15:10.390 Something call a new chair

NOTE Confidence: 0.82904786
00:15:10.390 --> 00:15:12.358 turning toward the back.
NOTE Confidence: 0.82904786
00:15:12.360 --> 00:15:14.922 Now I'm going to pull with a
NOTE Confidence: 0.82904786
00:15:14.922 --> 00:15:17.330 ride and push with the left.
NOTE Confidence: 0.82904786
00:15:17.330 --> 00:15:19.950 Turning toward the left.
NOTE Confidence: 0.82904786
00:15:19.950 --> 00:15:21.618 Keep your shoulders relaxed.
NOTE Confidence: 0.8025902
00:15:37.420 --> 00:15:38.915 Support will work on getting
NOTE Confidence: 0.8025902
00:15:38.915 --> 00:15:40.640 the legs and arms warmed up,
NOTE Confidence: 0.8025902
00:15:40.640 --> 00:15:42.110 so it's some slashing movement.
NOTE Confidence: 0.8511108
00:15:46.010 --> 00:15:49.346 So easy and having a little bit of fun here.
NOTE Confidence: 0.76097095
00:15:52.430 --> 00:15:53.729 Warming things up.
NOTE Confidence: 0.68166304
00:16:00.250 --> 00:16:02.070 Cut a length to length.
NOTE Confidence: 0.68166304
00:16:02.070 --> 00:16:04.670 We're going to rotate out and in.
NOTE Confidence: 0.68166304
00:16:04.670 --> 00:16:06.917 So the legs and arms are long.
NOTE Confidence: 0.68166304
00:16:06.920 --> 00:16:07.880 They're not locked.
NOTE Confidence: 0.8122339
00:16:10.570 --> 00:16:12.394 Keeping them as relaxed as you
NOTE Confidence: 0.8122339

00:16:12.394 --> 00:16:14.489 can as we move and stretch.
NOTE Confidence: 0.71828604

00:16:24.590 --> 00:16:26.690 A little wait, hands and feet.
NOTE Confidence: 0.85744643

00:16:38.090 --> 00:16:41.527 And they will circle hands and feet.
NOTE Confidence: 0.85744643

00:16:41.530 --> 00:16:43.300 So circling in One Direction.
NOTE Confidence: 0.7265405

00:16:51.480 --> 00:16:53.188 Encircling the other direction.
NOTE Confidence: 0.6115407

00:17:04.520 --> 00:17:08.610 And then slowly release.
NOTE Confidence: 0.6115407

00:17:08.610 --> 00:17:11.818 Will sit toward the front of our chair.
NOTE Confidence: 0.6115407

00:17:11.820 --> 00:17:12.860 Continue to work through.
NOTE Confidence: 0.6115407

00:17:12.860 --> 00:17:14.725 The legs are going to lift the
NOTE Confidence: 0.6115407

00:17:14.725 --> 00:17:16.510 right leg up and release the fingers
NOTE Confidence: 0.6115407

00:17:16.510 --> 00:17:18.170 around the top and on the exhale.
NOTE Confidence: 0.6115407

00:17:18.170 --> 00:17:20.599 Bring the knee up toward the chest.
NOTE Confidence: 0.6115407

00:17:20.600 --> 00:17:23.280 And on the Excel release.
NOTE Confidence: 0.6115407

00:17:23.280 --> 00:17:25.260 Sorry, exhale to bring it up.
NOTE Confidence: 0.6115407

00:17:25.260 --> 00:17:25.920 Inhale release.
NOTE Confidence: 0.85297038

00:17:28.130 --> 00:17:31.578 And that makes room. To bring it up.

NOTE Confidence: 0.8624509

00:17:36.260 --> 00:17:38.716 So now you can use your arms more.

NOTE Confidence: 0.8624509

00:17:38.720 --> 00:17:41.614 Relax your leg. So working on

NOTE Confidence: 0.8624509

00:17:41.614 --> 00:17:43.299 some arm strength and stretch.

NOTE Confidence: 0.6709646

00:17:45.490 --> 00:17:47.284 And then release and then we'll

NOTE Confidence: 0.6709646

00:17:47.284 --> 00:17:49.269 take it to the other side,

NOTE Confidence: 0.6709646

00:17:49.270 --> 00:17:51.160 interlace it all on the exhale,

NOTE Confidence: 0.6709646

00:17:51.160 --> 00:17:52.740 draw it up, they'll release.

NOTE Confidence: 0.4730431

00:18:08.410 --> 00:18:11.920 And then release. Do some side work.

NOTE Confidence: 0.4730431

00:18:11.920 --> 00:18:14.017 So take the hand in front of the

NOTE Confidence: 0.4730431

00:18:14.017 --> 00:18:15.721 Shannon just below the knee and

NOTE Confidence: 0.4730431

00:18:15.721 --> 00:18:17.519 then stretch it out on the exhale.

NOTE Confidence: 0.4730431

00:18:17.520 --> 00:18:19.354 Release it in Word on the inhale.

NOTE Confidence: 0.7934451

00:18:33.670 --> 00:18:35.070 And then the other side.

NOTE Confidence: 0.7371843

00:18:54.100 --> 00:18:55.896 Dylan release and then we'll

NOTE Confidence: 0.7371843

00:18:55.896 --> 00:18:58.050 do some work to stretch the

NOTE Confidence: 0.7371843

00:18:58.126 --> 00:19:00.639 leg and also some core work so
NOTE Confidence: 0.7371843

00:19:00.639 --> 00:19:02.222 interlace the hands underneath
NOTE Confidence: 0.7371843

00:19:02.222 --> 00:19:04.808 the leg and extend and release.
NOTE Confidence: 0.7371843

00:19:04.810 --> 00:19:06.430 All the exhalent extension
NOTE Confidence: 0.7371843

00:19:06.430 --> 00:19:08.455 Farley in the Allergy relief.
NOTE Confidence: 0.71528786

00:19:16.150 --> 00:19:18.275 Then I'll just keep that leg
NOTE Confidence: 0.71528786

00:19:18.275 --> 00:19:20.507 up for a few breaths. Again,
NOTE Confidence: 0.71528786

00:19:20.507 --> 00:19:23.076 integrating at the core nice and tall.
NOTE Confidence: 0.71528786

00:19:23.080 --> 00:19:24.178 Relax your shoulders.
NOTE Confidence: 0.51798946

00:19:28.690 --> 00:19:32.602 Fan slowly release will do the same thing
NOTE Confidence: 0.51798946

00:19:32.602 --> 00:19:36.700 with the left interlace. Stand release.
NOTE Confidence: 0.78986365

00:19:48.360 --> 00:19:50.070 Well, then we'll keep the leg
NOTE Confidence: 0.78986365

00:19:50.070 --> 00:19:52.283 extension as we sit all keep the
NOTE Confidence: 0.78986365

00:19:52.283 --> 00:19:53.529 shoulders, relax and breathe.
NOTE Confidence: 0.7664964

00:20:04.520 --> 00:20:06.991 Looks good and then we'll bring the
NOTE Confidence: 0.7664964

00:20:06.991 --> 00:20:09.749 right leg up so we can on this one.

NOTE Confidence: 0.7664964
00:20:09.750 --> 00:20:12.504 So if you can create all
NOTE Confidence: 0.7664964
00:20:12.504 --> 00:20:14.910 the hand and leg and.
NOTE Confidence: 0.7664964
00:20:14.910 --> 00:20:17.265 Foot love yourself too.
NOTE Confidence: 0.7664964
00:20:17.265 --> 00:20:19.020 In some movement.
NOTE Confidence: 0.80909747
00:20:24.540 --> 00:20:26.745 And then if you can cross cross,
NOTE Confidence: 0.80909747
00:20:26.750 --> 00:20:28.703 make sure the ankles across the pie
NOTE Confidence: 0.80909747
00:20:28.703 --> 00:20:30.985 and that food is right underneath so
NOTE Confidence: 0.80909747
00:20:30.985 --> 00:20:33.067 you're stable and you're sitting tall.
NOTE Confidence: 0.80909747
00:20:33.070 --> 00:20:37.414 And then we'll bring ourselves into a fold.
NOTE Confidence: 0.80909747
00:20:37.420 --> 00:20:39.526 So making sure not on the joints.
NOTE Confidence: 0.85515535
00:20:44.820 --> 00:20:46.830 Keep your shoulders relax and breathe.
NOTE Confidence: 0.7178796
00:21:01.030 --> 00:21:03.800 Let the stretch take hold.
NOTE Confidence: 0.7178796
00:21:03.800 --> 00:21:05.400 Hillary release in the winter,
NOTE Confidence: 0.7178796
00:21:05.400 --> 00:21:07.944 bringing the leg with a slight knee bend.
NOTE Confidence: 0.7178796
00:21:07.950 --> 00:21:10.365 We're going to fold Tord that leg
NOTE Confidence: 0.7178796

00:21:10.365 --> 00:21:13.557 so you can keep the left arm on the
NOTE Confidence: 0.7178796

00:21:13.557 --> 00:21:16.359 left leg and pulled toward the right.
NOTE Confidence: 0.7178796

00:21:16.360 --> 00:21:18.510 Still sitting in your chair,
NOTE Confidence: 0.7178796

00:21:18.510 --> 00:21:21.078 so bring stability into place balance.
NOTE Confidence: 0.6578621

00:21:29.430 --> 00:21:30.422 Helen slowly release.
NOTE Confidence: 0.6578621

00:21:30.422 --> 00:21:32.739 They will bring the feedback into place.
NOTE Confidence: 0.6578621

00:21:32.740 --> 00:21:35.388 Do the same thing on the left side.
NOTE Confidence: 0.6578621

00:21:35.390 --> 00:21:38.840 So cradle foot in leg.
NOTE Confidence: 0.6578621

00:21:38.840 --> 00:21:40.706 Little movement from side to side.
NOTE Confidence: 0.8075547

00:21:51.580 --> 00:21:53.973 11 when we cross will make sure the
NOTE Confidence: 0.8075547

00:21:53.973 --> 00:21:55.814 ankles crossed over to the coast
NOTE Confidence: 0.8075547

00:21:55.814 --> 00:21:57.578 or flex slightly were sitting up.
NOTE Confidence: 0.8075547

00:21:57.580 --> 00:21:59.080 Right foot is in position
NOTE Confidence: 0.8075547

00:21:59.080 --> 00:22:00.280 for support as well.
NOTE Confidence: 0.8075547

00:22:00.280 --> 00:22:02.471 So even though most supporters in the
NOTE Confidence: 0.8075547

00:22:02.471 --> 00:22:04.984 chair we can also have the leg support

NOTE Confidence: 0.8075547

00:22:04.984 --> 00:22:07.180 us and then we'll fold as we can.

NOTE Confidence: 0.784773

00:22:25.130 --> 00:22:27.050 They then released from folding again,

NOTE Confidence: 0.784773

00:22:27.050 --> 00:22:28.650 bring the foot out, slight,

NOTE Confidence: 0.784773

00:22:28.650 --> 00:22:30.195 bend the knee still position

NOTE Confidence: 0.784773

00:22:30.195 --> 00:22:32.784 with the right arm on the leg so

NOTE Confidence: 0.784773

00:22:32.784 --> 00:22:34.409 we can bring ourselves forward.

NOTE Confidence: 0.66432226

00:22:54.500 --> 00:22:57.250 Slowly release, it'll bring ourselves

NOTE Confidence: 0.66432226

00:22:57.250 --> 00:23:00.530 up to parallel again from here.

NOTE Confidence: 0.66432226

00:23:00.530 --> 00:23:02.630 We're going to do some movement through

NOTE Confidence: 0.66432226

00:23:02.630 --> 00:23:04.862 the back, so we're going to widen the

NOTE Confidence: 0.66432226

00:23:04.862 --> 00:23:06.829 feet and these keep the shoulders.

NOTE Confidence: 0.66432226

00:23:06.830 --> 00:23:08.874 Relax will go slowly as we turn

NOTE Confidence: 0.66432226

00:23:08.874 --> 00:23:10.856 toward the left fold. Come forward

NOTE Confidence: 0.66432226

00:23:10.856 --> 00:23:13.760 over to the right and then back up.

NOTE Confidence: 0.66432226

00:23:13.760 --> 00:23:17.207 And I like to follow the natural exhale out.

NOTE Confidence: 0.66432226

00:23:17.210 --> 00:23:18.206 I an actual inhaler.
NOTE Confidence: 0.66432226

00:23:18.206 --> 00:23:20.198 So when I say natural exhale
NOTE Confidence: 0.66432226

00:23:20.198 --> 00:23:21.490 an actual inhale.
NOTE Confidence: 0.66432226

00:23:21.490 --> 00:23:24.570 I'm trying not to force the breath.
NOTE Confidence: 0.66432226

00:23:24.570 --> 00:23:25.857 But I'm learning,
NOTE Confidence: 0.66432226

00:23:25.857 --> 00:23:28.860 my body brings much brothers and needs.
NOTE Confidence: 0.66432226

00:23:28.860 --> 00:23:30.985 So each exercise may involve
NOTE Confidence: 0.66432226

00:23:30.985 --> 00:23:31.835 different breathing.
NOTE Confidence: 0.8641856

00:23:36.400 --> 00:23:39.916 So so she could feel the stretch.
NOTE Confidence: 0.8641856

00:23:39.920 --> 00:23:41.600 In control the movement.
NOTE Confidence: 0.7251665

00:24:08.690 --> 00:24:10.796 And then released sit comfortably operate,
NOTE Confidence: 0.7251665

00:24:10.800 --> 00:24:12.900 so make sure your shoulders relax.
NOTE Confidence: 0.7251665

00:24:12.900 --> 00:24:15.273 Your feet are relax your neck and
NOTE Confidence: 0.7251665

00:24:15.273 --> 00:24:17.469 head is feeling good facing job,
NOTE Confidence: 0.7251665

00:24:17.470 --> 00:24:19.185 remain relaxed and they will
NOTE Confidence: 0.7251665

00:24:19.185 --> 00:24:21.330 take it to the other side,

NOTE Confidence: 0.7251665
00:24:21.330 --> 00:24:26.088 right? Forward left.
NOTE Confidence: 0.7251665
00:24:26.090 --> 00:24:29.218 Easy smooth fluid movement.
NOTE Confidence: 0.7057247
00:24:31.310 --> 00:24:33.550 With bra and relaxation.
NOTE Confidence: 0.79197466
00:25:04.240 --> 00:25:05.605 And then we'll come back
NOTE Confidence: 0.79197466
00:25:05.605 --> 00:25:06.970 off a little parallel feet.
NOTE Confidence: 0.79197466
00:25:06.970 --> 00:25:09.238 Now we're going to use a little bit of
NOTE Confidence: 0.79197466
00:25:09.238 --> 00:25:10.992 movement to show ourselves how to get
NOTE Confidence: 0.79197466
00:25:10.992 --> 00:25:13.248 out of the chair easily and efficiently.
NOTE Confidence: 0.79197466
00:25:13.250 --> 00:25:15.707 So come up out of the chair few times.
NOTE Confidence: 0.79197466
00:25:15.710 --> 00:25:17.649 Then we'll come back down to do
NOTE Confidence: 0.79197466
00:25:17.649 --> 00:25:19.259 some more movement in the chair.
NOTE Confidence: 0.79197466
00:25:19.260 --> 00:25:21.990 So I'm going to show you from the side here,
NOTE Confidence: 0.79197466
00:25:21.990 --> 00:25:23.894 so keep your share where it is.
NOTE Confidence: 0.79197466
00:25:23.900 --> 00:25:27.644 I'm just going to position my charity side.
NOTE Confidence: 0.79197466
00:25:27.650 --> 00:25:30.268 So you can see my body position.
NOTE Confidence: 0.79197466

00:25:30.270 --> 00:25:34.606 So again, my thighs are free, my feet are.
NOTE Confidence: 0.79197466

00:25:34.606 --> 00:25:37.778 In front knees over ankles. I'm upright,
NOTE Confidence: 0.79197466

00:25:37.778 --> 00:25:41.620 so we're going to do this in three parts.
NOTE Confidence: 0.79197466

00:25:41.620 --> 00:25:44.426 You're gonna do this with that, so the
NOTE Confidence: 0.79197466

00:25:44.426 --> 00:25:47.282 first part is inhale to stretch forward.
NOTE Confidence: 0.79197466

00:25:47.290 --> 00:25:49.610 NXL truly so that gives
NOTE Confidence: 0.79197466

00:25:49.610 --> 00:25:51.466 you nice back traction.
NOTE Confidence: 0.79197466

00:25:51.470 --> 00:25:53.678 Inhale to stretch forward.
NOTE Confidence: 0.79197466

00:25:53.678 --> 00:25:57.570 Exhale to release that one more time.
NOTE Confidence: 0.79197466

00:25:57.570 --> 00:26:01.800 Inhale to stretch forward axial trelease.
NOTE Confidence: 0.79197466

00:26:01.800 --> 00:26:03.805 Next movement is getting slightly
NOTE Confidence: 0.79197466

00:26:03.805 --> 00:26:06.641 out of the chair a couple inches
NOTE Confidence: 0.79197466

00:26:06.641 --> 00:26:09.657 using our eyes and our legs and our
NOTE Confidence: 0.79197466

00:26:09.743 --> 00:26:12.839 movement breath inhale up slightly and
NOTE Confidence: 0.79197466

00:26:12.839 --> 00:26:16.420 then slowly control yourself down.
NOTE Confidence: 0.79197466

00:26:16.420 --> 00:26:18.043 Do that again.

NOTE Confidence: 0.79197466

00:26:18.043 --> 00:26:21.289 Inhale up slightly and exhale slowly.

NOTE Confidence: 0.79197466

00:26:21.290 --> 00:26:23.900 Control ourselves down.

NOTE Confidence: 0.79197466

00:26:23.900 --> 00:26:24.770 NM.

NOTE Confidence: 0.7622517

00:26:26.880 --> 00:26:28.623 So you can see the position that

NOTE Confidence: 0.7622517

00:26:28.623 --> 00:26:30.786 needs is key there, so you're not

NOTE Confidence: 0.7622517

00:26:30.786 --> 00:26:32.838 putting undue strain on the knees.

NOTE Confidence: 0.7622517

00:26:32.840 --> 00:26:35.920 Next time we're going to do it three

NOTE Confidence: 0.7622517

00:26:35.920 --> 00:26:38.418 times coming up in knowledge here.

NOTE Confidence: 0.7622517

00:26:38.420 --> 00:26:40.136 I didn't get that three times.

NOTE Confidence: 0.717698894444444

00:26:42.160 --> 00:26:45.427 All the way up. And then on the XL.

NOTE Confidence: 0.7177732

00:26:48.090 --> 00:26:51.258 I have a routine right like I can tell.

NOTE Confidence: 0.7177732

00:26:51.260 --> 00:26:53.030 And then to come down we're

NOTE Confidence: 0.7177732

00:26:53.030 --> 00:26:54.879 going to inhale to go forward

NOTE Confidence: 0.7177732

00:26:54.879 --> 00:26:56.930 and on the exhale release.

NOTE Confidence: 0.7177732

00:26:56.930 --> 00:26:59.130 A little come forward.

NOTE Confidence: 0.7932087

00:27:01.690 --> 00:27:04.066 Sitting to where we were before.
NOTE Confidence: 0.7932087

00:27:04.070 --> 00:27:06.835 So again, study in the chair upright.
NOTE Confidence: 0.7932087

00:27:06.840 --> 00:27:11.862 Try it again. And bring the arms up so now
NOTE Confidence: 0.7932087

00:27:11.862 --> 00:27:14.947 you can see we're developing leg strength.
NOTE Confidence: 0.7932087

00:27:14.950 --> 00:27:17.005 And then slowly bring our
NOTE Confidence: 0.7932087

00:27:17.005 --> 00:27:19.060 feet back on the exit.
NOTE Confidence: 0.7932087

00:27:19.060 --> 00:27:21.660 Most are touching the chair.
NOTE Confidence: 0.7932087

00:27:21.660 --> 00:27:24.080 Inhale forward in early,
NOTE Confidence: 0.7932087

00:27:24.080 --> 00:27:25.895 exhale slowly down.
NOTE Confidence: 0.7932087

00:27:25.900 --> 00:27:28.508 They will reposition herself
NOTE Confidence: 0.7932087

00:27:28.508 --> 00:27:30.464 toward the front.
NOTE Confidence: 0.7932087

00:27:30.470 --> 00:27:31.688 And I'm going to share it,
NOTE Confidence: 0.7932087

00:27:31.690 --> 00:27:32.700 turn my chair forward again.
NOTE Confidence: 0.7657775

00:27:37.070 --> 00:27:39.460 Alright, so we got the scratch.
NOTE Confidence: 0.7657775

00:27:39.460 --> 00:27:41.732 Strengthening flexibility in breath.
NOTE Confidence: 0.7657775

00:27:41.732 --> 00:27:45.709 So now we're ready to move shift

NOTE Confidence: 0.7657775
00:27:45.709 --> 00:27:48.565 fine balance from side to side,
NOTE Confidence: 0.7657775
00:27:48.570 --> 00:27:49.818 coordination and movement.
NOTE Confidence: 0.7657775
00:27:49.818 --> 00:27:53.712 So the first thing we do is just let
NOTE Confidence: 0.7657775
00:27:53.712 --> 00:27:56.424 our arms rest firesides upright again,
NOTE Confidence: 0.7657775
00:27:56.430 --> 00:27:59.710 eyes are parallel, same position.
NOTE Confidence: 0.7657775
00:27:59.710 --> 00:28:01.750 So the first thing we do
NOTE Confidence: 0.7657775
00:28:01.750 --> 00:28:04.049 is move over to the right.
NOTE Confidence: 0.7657775
00:28:04.050 --> 00:28:06.766 And then move back to the center.
NOTE Confidence: 0.7657775
00:28:06.770 --> 00:28:09.866 And they're going to move over to the left.
NOTE Confidence: 0.7657775
00:28:09.870 --> 00:28:11.658 And move back to the center.
NOTE Confidence: 0.7657775
00:28:11.660 --> 00:28:14.068 So I'm staying upright and I don't
NOTE Confidence: 0.7657775
00:28:14.068 --> 00:28:16.480 find that when I go to the right
NOTE Confidence: 0.7657775
00:28:16.480 --> 00:28:18.677 my left hip my left a little bit
NOTE Confidence: 0.7657775
00:28:18.677 --> 00:28:20.897 and as I move over to left my
NOTE Confidence: 0.7657775
00:28:20.897 --> 00:28:22.976 right hip might lift a little bit.
NOTE Confidence: 0.7657775

00:28:22.980 --> 00:28:25.364 But I'm not trying to lift the hips,
NOTE Confidence: 0.7657775

00:28:25.370 --> 00:28:26.838 that's just body positioning.
NOTE Confidence: 0.7657775

00:28:26.838 --> 00:28:29.422 So lining over one leg side to
NOTE Confidence: 0.7657775

00:28:29.422 --> 00:28:31.312 the center in aligning over the
NOTE Confidence: 0.7657775

00:28:31.312 --> 00:28:33.228 other leg side to the center.
NOTE Confidence: 0.7657775

00:28:33.230 --> 00:28:34.690 And we're going to coordinate
NOTE Confidence: 0.7657775

00:28:34.690 --> 00:28:35.858 this with the breath.
NOTE Confidence: 0.7657775

00:28:35.860 --> 00:28:38.420 So on the inhale will come over to
NOTE Confidence: 0.7657775

00:28:38.420 --> 00:28:41.027 the right and on the exhale release.
NOTE Confidence: 0.7657775

00:28:41.030 --> 00:28:43.305 It only inhale come over to the
NOTE Confidence: 0.7657775

00:28:43.305 --> 00:28:45.798 left and on the exhale release.
NOTE Confidence: 0.7657775

00:28:45.800 --> 00:28:49.940 So an easy exercise to do a weight shifting.
NOTE Confidence: 0.7657775

00:28:49.940 --> 00:28:54.100 Balancing. Stay in line.
NOTE Confidence: 0.7657775

00:28:54.100 --> 00:28:56.550 One side to the center,
NOTE Confidence: 0.7657775

00:28:56.550 --> 00:28:58.540 other side to the center.
NOTE Confidence: 0.7657775

00:28:58.540 --> 00:29:02.004 Next step is to do a look in

NOTE Confidence: 0.7657775

00:29:02.004 --> 00:29:04.080 turn as we shift.

NOTE Confidence: 0.7657775

00:29:04.080 --> 00:29:05.328 So as we inhale,

NOTE Confidence: 0.7657775

00:29:05.328 --> 00:29:07.989 will look and shift turn to the right,

NOTE Confidence: 0.7657775

00:29:07.990 --> 00:29:11.246 and on the exhale back to the center.

NOTE Confidence: 0.7657775

00:29:11.250 --> 00:29:12.642 And on the inhale,

NOTE Confidence: 0.7657775

00:29:12.642 --> 00:29:15.537 look and shift and turn to left and

NOTE Confidence: 0.7657775

00:29:15.537 --> 00:29:18.064 on the exhale back to the center.

NOTE Confidence: 0.7657775

00:29:18.070 --> 00:29:20.170 Inhaling?

NOTE Confidence: 0.7657775

00:29:20.170 --> 00:29:23.957 LXL so you can see it's a

NOTE Confidence: 0.7657775

00:29:23.957 --> 00:29:25.580 pretty subtle movement.

NOTE Confidence: 0.7657775

00:29:25.580 --> 00:29:26.332 Very manageable.

NOTE Confidence: 0.7657775

00:29:26.332 --> 00:29:28.588 Can you feel what's going on

NOTE Confidence: 0.7657775

00:29:28.588 --> 00:29:30.639 through your back and your hips?

NOTE Confidence: 0.82553035

00:29:33.400 --> 00:29:34.960 Next movement we're going to

NOTE Confidence: 0.82553035

00:29:34.960 --> 00:29:36.642 do the movement, the shifting,

NOTE Confidence: 0.82553035

00:29:36.642 --> 00:29:40.389 and we're going to do a lifting of the toes.
 NOTE Confidence: 0.82553035

00:29:40.390 --> 00:29:41.550 On the opposite side.
 NOTE Confidence: 0.82553035

00:29:41.550 --> 00:29:44.778 So when we go over to our substantial side,
 NOTE Confidence: 0.82553035

00:29:44.780 --> 00:29:46.470 the insubstantial side are not.
 NOTE Confidence: 0.82553035

00:29:46.470 --> 00:29:47.424 So wait inside,
 NOTE Confidence: 0.82553035

00:29:47.424 --> 00:29:50.190 we're going to bring the toes up easily,
 NOTE Confidence: 0.82553035

00:29:50.190 --> 00:29:54.668 keep the heel on the ground, ready in there.
 NOTE Confidence: 0.82553035

00:29:54.670 --> 00:29:57.083 To the right, left, toes up, exhale.
 NOTE Confidence: 0.82553035

00:29:57.083 --> 00:29:59.348 Everything settles to the center.
 NOTE Confidence: 0.82553035

00:29:59.350 --> 00:30:02.488 Inhale to left, right, toes up, exhale.
 NOTE Confidence: 0.82553035

00:30:02.488 --> 00:30:04.760 Everything settles the center.
 NOTE Confidence: 0.82553035

00:30:04.760 --> 00:30:06.745 Inhaling?
 NOTE Confidence: 0.82553035

00:30:06.745 --> 00:30:10.458 Alexander and then Haley.
 NOTE Confidence: 0.82553035

00:30:10.458 --> 00:30:11.610 In excel.
 NOTE Confidence: 0.78457624

00:30:19.090 --> 00:30:20.878 Next exercise, we're going to bring
 NOTE Confidence: 0.78457624

00:30:20.878 --> 00:30:23.189 the heel off on the opposite side.

NOTE Confidence: 0.78457624
00:30:23.190 --> 00:30:25.080 So in the inhalers we looked,
NOTE Confidence: 0.78457624
00:30:25.080 --> 00:30:26.650 heard, shift to the right.
NOTE Confidence: 0.78457624
00:30:26.650 --> 00:30:28.855 The left heel lifts about the exhale.
NOTE Confidence: 0.78457624
00:30:28.860 --> 00:30:31.210 Come back to the center.
NOTE Confidence: 0.78457624
00:30:31.210 --> 00:30:32.738 Inhale, looked, heard, shift,
NOTE Confidence: 0.78457624
00:30:32.738 --> 00:30:36.570 right heel lifts, exhale back to the center.
NOTE Confidence: 0.78457624
00:30:36.570 --> 00:30:40.986 Inhaling? Alex Haley.
NOTE Confidence: 0.78457624
00:30:40.986 --> 00:30:44.280 And inhaling. NXM.
NOTE Confidence: 0.78457624
00:30:44.280 --> 00:30:46.968 So you can see your body slowly
NOTE Confidence: 0.78457624
00:30:46.968 --> 00:30:49.339 bit by bit becoming involved
NOTE Confidence: 0.78457624
00:30:49.339 --> 00:30:52.149 with breath in mind here.
NOTE Confidence: 0.78457624
00:30:52.150 --> 00:30:53.590 Balance and alignment
NOTE Confidence: 0.78457624
00:30:53.590 --> 00:30:55.030 in controlled movement.
NOTE Confidence: 0.8371721
00:30:59.140 --> 00:31:01.300 Let's exercise as we shift over,
NOTE Confidence: 0.8371721
00:31:01.300 --> 00:31:04.555 we're going to lift the left leg.
NOTE Confidence: 0.8371721

00:31:04.560 --> 00:31:06.632 There are the externalities.
NOTE Confidence: 0.8371721

00:31:06.632 --> 00:31:09.246 The left lift, the right leg,
NOTE Confidence: 0.8371721

00:31:09.246 --> 00:31:11.006 and on the exhale release.
NOTE Confidence: 0.78261958625

00:31:16.820 --> 00:31:22.188 So now. Walking. In place on new chair.
NOTE Confidence: 0.71349525

00:31:24.720 --> 00:31:28.576 So developing coordination and
NOTE Confidence: 0.71349525

00:31:28.576 --> 00:31:30.950 strain. Balance and alignment.
NOTE Confidence: 0.743859044

00:31:34.530 --> 00:31:35.550 And then release.
NOTE Confidence: 0.743859044

00:31:35.550 --> 00:31:37.930 And then we're going to do some
NOTE Confidence: 0.743859044

00:31:38.001 --> 00:31:40.426 practical movements from the chair,
NOTE Confidence: 0.743859044

00:31:40.430 --> 00:31:42.707 so we're going to use that turn and shift.
NOTE Confidence: 0.743859044

00:31:42.710 --> 00:31:44.665 And now we're going to
NOTE Confidence: 0.743859044

00:31:44.665 --> 00:31:46.620 bring the arms into play.
NOTE Confidence: 0.743859044

00:31:46.620 --> 00:31:49.228 So we're going to think about if I
NOTE Confidence: 0.743859044

00:31:49.228 --> 00:31:51.785 were having a clock in front of me
NOTE Confidence: 0.743859044

00:31:51.785 --> 00:31:53.998 and I'm looking down at the clock,
NOTE Confidence: 0.743859044

00:31:54.000 --> 00:31:56.889 and if I mean of course I'm mirroring you,

NOTE Confidence: 0.743859044

00:31:56.890 --> 00:31:59.130 so I'm going to say the opposite

NOTE Confidence: 0.743859044

00:31:59.130 --> 00:32:01.387 of what you're going to be doing,

NOTE Confidence: 0.743859044

00:32:01.390 --> 00:32:02.990 but you could follow along.

NOTE Confidence: 0.743859044

00:32:02.990 --> 00:32:05.879 So if I were looking at my clock here,

NOTE Confidence: 0.743859044

00:32:05.880 --> 00:32:08.127 I'd be looking at 1:00 o'clock here,

NOTE Confidence: 0.743859044

00:32:08.130 --> 00:32:10.804 and at 11:00 o'clock here I'd be

NOTE Confidence: 0.743859044

00:32:10.804 --> 00:32:13.938 looking at 3:00 o'clock to 9:00 o'clock.

NOTE Confidence: 0.743859044

00:32:13.940 --> 00:32:19.445 That I'd be looking at. 4-5 and.

NOTE Confidence: 0.743859044

00:32:19.445 --> 00:32:21.490 Tender.

NOTE Confidence: 0.743859044

00:32:21.490 --> 00:32:23.996 So from here we're going to slowly

NOTE Confidence: 0.743859044

00:32:23.996 --> 00:32:26.064 do that movement OK, and again,

NOTE Confidence: 0.743859044

00:32:26.064 --> 00:32:28.528 we're going to think about practical ideas.

NOTE Confidence: 0.743859044

00:32:28.530 --> 00:32:31.257 OK, so if we're in our chair and we

NOTE Confidence: 0.743859044

00:32:31.257 --> 00:32:33.374 wanted to say we're at the table

NOTE Confidence: 0.743859044

00:32:33.374 --> 00:32:35.950 and we want to pick up something

NOTE Confidence: 0.743859044

00:32:35.950 --> 00:32:38.638 you would inhale and reach laterally

NOTE Confidence: 0.743859044

00:32:38.638 --> 00:32:41.680 forward and on the exhale release.

NOTE Confidence: 0.743859044

00:32:41.680 --> 00:32:44.912 Dylan inhale reach laterally

NOTE Confidence: 0.743859044

00:32:44.912 --> 00:32:46.528 forward excellently.

NOTE Confidence: 0.743859044

00:32:46.530 --> 00:32:48.120 So we're either reaching to pick

NOTE Confidence: 0.743859044

00:32:48.120 --> 00:32:49.585 something up or maybe reaching

NOTE Confidence: 0.743859044

00:32:49.585 --> 00:32:50.997 to hand somebody something.

NOTE Confidence: 0.743859044

00:32:51.000 --> 00:32:53.170 So I like to bring the practicalities

NOTE Confidence: 0.743859044

00:32:53.170 --> 00:32:54.868 of the move that we do,

NOTE Confidence: 0.743859044

00:32:54.870 --> 00:32:57.698 so you can start to bring them

NOTE Confidence: 0.743859044

00:32:57.698 --> 00:32:59.410 into your everyday life.

NOTE Confidence: 0.743859044

00:32:59.410 --> 00:33:03.169 So they go from theory to reality.

NOTE Confidence: 0.743859044

00:33:03.170 --> 00:33:05.290 Inhaling X.

NOTE Confidence: 0.8796855

00:33:08.330 --> 00:33:10.957 And if I were to go over to the side,

NOTE Confidence: 0.8796855

00:33:10.960 --> 00:33:12.647 I turn reached the side so you

NOTE Confidence: 0.8796855

00:33:12.647 --> 00:33:14.272 can see that I'm keeping my

NOTE Confidence: 0.8796855

00:33:14.272 --> 00:33:15.952 shoulders in front of my body.

NOTE Confidence: 0.8796855

00:33:15.960 --> 00:33:17.794 I'm not trying to reach the back.

NOTE Confidence: 0.6863259

00:33:25.340 --> 00:33:28.684 Philly here. I'm coordinating with with the

NOTE Confidence: 0.6863259

00:33:28.684 --> 00:33:32.477 inhale to reach out in the XL to resell.

NOTE Confidence: 0.6863259

00:33:32.480 --> 00:33:34.940 So you have that nice pattern

NOTE Confidence: 0.6863259

00:33:34.940 --> 00:33:36.580 of breathing and movement.

NOTE Confidence: 0.6863259

00:33:36.580 --> 00:33:38.505 Now, if I were to reach over,

NOTE Confidence: 0.6863259

00:33:38.510 --> 00:33:41.310 I would turn the waste even more.

NOTE Confidence: 0.6863259

00:33:41.310 --> 00:33:45.080 Inreach overturn the way Steve.

NOTE Confidence: 0.6863259

00:33:45.080 --> 00:33:46.980 So yeah. Caution students that

NOTE Confidence: 0.6863259

00:33:46.980 --> 00:33:48.880 when they're doing something in

NOTE Confidence: 0.6863259

00:33:48.951 --> 00:33:51.123 real life that they're not doing

NOTE Confidence: 0.6863259

00:33:51.123 --> 00:33:53.190 anything to dislodge their shoulder.

NOTE Confidence: 0.6863259

00:33:53.190 --> 00:33:55.962 So sometimes if we're in our car and we

NOTE Confidence: 0.6863259

00:33:55.962 --> 00:33:58.700 want to get something out of the back

NOTE Confidence: 0.6863259

00:33:58.700 --> 00:34:01.259 seat instead of getting up returning,
NOTE Confidence: 0.6863259

00:34:01.260 --> 00:34:04.068 we reach around to try to get it,
NOTE Confidence: 0.6863259

00:34:04.070 --> 00:34:06.366 and then we left and put our shoulder
NOTE Confidence: 0.6863259

00:34:06.366 --> 00:34:08.280 to very vulnerable position.
NOTE Confidence: 0.6863259

00:34:08.280 --> 00:34:10.386 So we've all done that where
NOTE Confidence: 0.6863259

00:34:10.386 --> 00:34:11.790 we've heard our shoulders.
NOTE Confidence: 0.6863259

00:34:11.790 --> 00:34:15.278 So instead we're going to turn and reach.
NOTE Confidence: 0.6863259

00:34:15.280 --> 00:34:18.244 In turn enrich any other following
NOTE Confidence: 0.6863259

00:34:18.244 --> 00:34:21.455 the reach on the inhale and
NOTE Confidence: 0.6863259

00:34:21.455 --> 00:34:23.715 releasing on the exhale.
NOTE Confidence: 0.88214946

00:34:26.080 --> 00:34:29.110 Now we can also do it with the opposite hand.
NOTE Confidence: 0.88214946

00:34:29.110 --> 00:34:32.878 Reach over laterally to one side.
NOTE Confidence: 0.88214946

00:34:32.880 --> 00:34:36.695 Reach over laterally to the other side.
NOTE Confidence: 0.88214946

00:34:36.700 --> 00:34:40.800 The inhale. The exhale.
NOTE Confidence: 0.88214946

00:34:40.800 --> 00:34:45.330 He can heal. In the accident.
NOTE Confidence: 0.88214946

00:34:45.330 --> 00:34:48.250 Side, if we want more of a stretch.

NOTE Confidence: 0.88214946

00:34:48.250 --> 00:34:51.800 Then go to the side if we want more stretch.

NOTE Confidence: 0.88214946

00:34:51.800 --> 00:34:54.479 Inhaling? In excel.

NOTE Confidence: 0.74559695

00:35:03.500 --> 00:35:05.292 Good and then release so

NOTE Confidence: 0.74559695

00:35:05.292 --> 00:35:06.724 that's the seated exercises.

NOTE Confidence: 0.74559695

00:35:06.730 --> 00:35:09.397 Now we're going to use that same

NOTE Confidence: 0.74559695

00:35:09.397 --> 00:35:12.118 methodology to get up out of the chair,

NOTE Confidence: 0.74559695

00:35:12.120 --> 00:35:15.120 so we'll do it three times.

NOTE Confidence: 0.74559695

00:35:15.120 --> 00:35:18.466 Once each this time, and then he'll.

NOTE Confidence: 0.74559695

00:35:18.470 --> 00:35:22.586 Forward. And on the exhale release.

NOTE Confidence: 0.74559695

00:35:22.590 --> 00:35:24.795 Second part is coming a couple inches

NOTE Confidence: 0.74559695

00:35:24.795 --> 00:35:27.388 out of the chair and he'll forward.

NOTE Confidence: 0.74559695

00:35:27.390 --> 00:35:29.140 And then exhale to control.

NOTE Confidence: 0.74559695

00:35:29.140 --> 00:35:31.750 This time all the way up in here.

NOTE Confidence: 0.64674187

00:35:34.570 --> 00:35:37.740 And on the exhale release.

NOTE Confidence: 0.64674187

00:35:37.740 --> 00:35:40.060 My way around the chair.

NOTE Confidence: 0.7889959

00:35:43.650 --> 00:35:45.036 So now I'm going to have the
NOTE Confidence: 0.7889959

00:35:45.036 --> 00:35:46.030 chair forward of meeting.
NOTE Confidence: 0.85310996

00:35:48.130 --> 00:35:49.810 This will be useful in different
NOTE Confidence: 0.85310996

00:35:49.810 --> 00:35:50.650 movement exercises here.
NOTE Confidence: 0.85310996

00:35:50.650 --> 00:35:52.442 OK, so we're going to do some
NOTE Confidence: 0.85310996

00:35:52.442 --> 00:35:53.877 simple exercises to start to
NOTE Confidence: 0.85310996

00:35:53.877 --> 00:35:55.407 stretch through the entire body,
NOTE Confidence: 0.85310996

00:35:55.410 --> 00:35:58.210 so I'm going to have my hands on my chair,
NOTE Confidence: 0.85310996

00:35:58.210 --> 00:36:00.098 but I'm not going to lean into the
NOTE Confidence: 0.85310996

00:36:00.098 --> 00:36:02.130 chair and then just slightly touching.
NOTE Confidence: 0.85310996

00:36:02.130 --> 00:36:05.410 So the first thing I'm going to do is come
NOTE Confidence: 0.85310996

00:36:05.491 --> 00:36:08.533 up to the balls of my feet and release.
NOTE Confidence: 0.85310996

00:36:08.540 --> 00:36:09.945 They could follow the inhale
NOTE Confidence: 0.85310996

00:36:09.945 --> 00:36:11.700 up and on the exhale down,
NOTE Confidence: 0.85310996

00:36:11.700 --> 00:36:14.570 but if we wanna try one arm up, we can't.
NOTE Confidence: 0.8929121

00:36:16.710 --> 00:36:18.745 This will give you a

NOTE Confidence: 0.8929121

00:36:18.745 --> 00:36:20.560 little different. Balance.

NOTE Confidence: 0.7035627

00:36:22.730 --> 00:36:25.475 It'll be one drive the other arm up weekend.

NOTE Confidence: 0.76382154

00:36:29.680 --> 00:36:33.090 And then we could try both arms up.

NOTE Confidence: 0.76382154

00:36:33.090 --> 00:36:38.570 So stretching through the legs. Arms.

NOTE Confidence: 0.76382154

00:36:38.570 --> 00:36:40.510 Body with coordinated movements.

NOTE Confidence: 0.47708493

00:36:49.250 --> 00:36:51.500 Then release.

NOTE Confidence: 0.47708493

00:36:51.500 --> 00:36:53.460 This will turn from side to side,

NOTE Confidence: 0.47708493

00:36:53.460 --> 00:36:55.980 so charge from one side like a golf swing.

NOTE Confidence: 0.47708493

00:36:55.980 --> 00:36:58.857 It will turn to the other side.

NOTE Confidence: 0.47708493

00:36:58.860 --> 00:37:00.095 They can notice that I

NOTE Confidence: 0.47708493

00:37:00.095 --> 00:37:01.700 want to go to one side.

NOTE Confidence: 0.47708493

00:37:01.700 --> 00:37:03.499 I had the opposite arm on there,

NOTE Confidence: 0.47708493

00:37:03.500 --> 00:37:06.400 so nice, easy control with.

NOTE Confidence: 0.47708493

00:37:06.400 --> 00:37:08.704 And then if you didn't need the chair,

NOTE Confidence: 0.47708493

00:37:08.710 --> 00:37:11.566 you just do that easy little swing.

NOTE Confidence: 0.47708493

00:37:11.570 --> 00:37:14.490 Live in the arms go.
NOTE Confidence: 0.47708493

00:37:14.490 --> 00:37:17.354 And for those of you who do golf,
NOTE Confidence: 0.47708493

00:37:17.360 --> 00:37:19.880 you could see what this movement entails,
NOTE Confidence: 0.47708493

00:37:19.880 --> 00:37:21.236 keeping everything level.
NOTE Confidence: 0.47708493

00:37:21.236 --> 00:37:23.948 Brighton shifting from side to side.
NOTE Confidence: 0.8244737

00:37:27.500 --> 00:37:29.042 Next movement is going to
NOTE Confidence: 0.8244737

00:37:29.042 --> 00:37:30.890 be a circling of the hips,
NOTE Confidence: 0.8244737

00:37:30.890 --> 00:37:34.364 so again we keep our hands on the chair.
NOTE Confidence: 0.8244737

00:37:34.370 --> 00:37:36.218 We keep one hand the chair,
NOTE Confidence: 0.8244737

00:37:36.220 --> 00:37:37.760 one hand to the hill.
NOTE Confidence: 0.8153803

00:37:41.470 --> 00:37:43.376 Try the other side.
NOTE Confidence: 0.8153803

00:37:43.376 --> 00:37:46.328 Or we could freeze silent pending
NOTE Confidence: 0.8153803

00:37:46.328 --> 00:37:49.840 upon your situation and your balance.
NOTE Confidence: 0.8153803

00:37:49.840 --> 00:37:51.706 And of course, we'll take it
NOTE Confidence: 0.8153803

00:37:51.706 --> 00:37:53.500 in the other direction as well.
NOTE Confidence: 0.8153803

00:37:53.500 --> 00:37:56.200 With one hand on the chair.

NOTE Confidence: 0.8153803

00:37:56.200 --> 00:37:59.266 Both hands on the chair or freestyle.

NOTE Confidence: 0.6901543

00:38:03.070 --> 00:38:06.140 So loosening up to help.

NOTE Confidence: 0.6901543

00:38:06.140 --> 00:38:07.958 And I will bring her hands,

NOTE Confidence: 0.6901543

00:38:07.960 --> 00:38:09.452 sharing her feelings together.

NOTE Confidence: 0.6901543

00:38:09.452 --> 00:38:12.092 And then we're going to come down

NOTE Confidence: 0.6901543

00:38:12.092 --> 00:38:14.096 and circular nice we could have.

NOTE Confidence: 0.6901543

00:38:14.100 --> 00:38:18.800 One hand down. Circle.

NOTE Confidence: 0.6901543

00:38:18.800 --> 00:38:21.205 Change and have the other

NOTE Confidence: 0.6901543

00:38:21.205 --> 00:38:23.129 hand down the circle.

NOTE Confidence: 0.6901543

00:38:23.130 --> 00:38:24.200 Or we could do both.

NOTE Confidence: 0.9067996

00:38:27.350 --> 00:38:29.600 And then of course the other direction.

NOTE Confidence: 0.9067996

00:38:29.600 --> 00:38:31.879 So again, I'm not leaning into the chair.

NOTE Confidence: 0.9067996

00:38:31.880 --> 00:38:34.022 We're going to talk about that in a moment.

NOTE Confidence: 0.9067996

00:38:34.030 --> 00:38:36.800 Very important. The other hand.

NOTE Confidence: 0.70200825

00:38:38.860 --> 00:38:39.490 Or both.

NOTE Confidence: 0.7203265

00:38:43.380 --> 00:38:44.411 And then slowly release
NOTE Confidence: 0.7203265

00:38:44.411 --> 00:38:45.696 that will separate our feet.
NOTE Confidence: 0.7203265

00:38:45.700 --> 00:38:47.764 Again, I'm going to shift over to left,
NOTE Confidence: 0.7203265

00:38:47.770 --> 00:38:50.426 bring the right heel back so we can
NOTE Confidence: 0.7203265

00:38:50.426 --> 00:38:52.788 rotate around on the ball of the foot.
NOTE Confidence: 0.7203265

00:38:52.790 --> 00:38:55.490 So. One hand on the chair,
NOTE Confidence: 0.7203265

00:38:55.490 --> 00:38:56.910 both hands on the chair.
NOTE Confidence: 0.7203265

00:38:56.910 --> 00:38:59.340 No hands on the chair.
NOTE Confidence: 0.7203265

00:38:59.340 --> 00:39:01.559 Then I'll say it change that direction.
NOTE Confidence: 0.62333524

00:39:04.060 --> 00:39:07.687 So losing up to the floor and ankle leg.
NOTE Confidence: 0.62333524

00:39:07.690 --> 00:39:09.858 And then release them and go to the
NOTE Confidence: 0.62333524

00:39:09.858 --> 00:39:12.728 other side, same thing. Circling.
NOTE Confidence: 0.78759414

00:39:18.810 --> 00:39:20.398 Circling the other direction.
NOTE Confidence: 0.78738594

00:39:24.990 --> 00:39:25.940 And then release.
NOTE Confidence: 0.78738594

00:39:25.940 --> 00:39:27.832 So talking about using the chair.
NOTE Confidence: 0.78738594

00:39:27.832 --> 00:39:30.229 So I talked to some of my students

NOTE Confidence: 0.78738594

00:39:30.229 --> 00:39:32.259 who have a cane or Walker.

NOTE Confidence: 0.78738594

00:39:32.260 --> 00:39:34.465 Then I caution them that when they're

NOTE Confidence: 0.78738594

00:39:34.465 --> 00:39:36.996 using it, they want to use it correctly.

NOTE Confidence: 0.78738594

00:39:37.000 --> 00:39:39.667 So you're keeping your body healthy and

NOTE Confidence: 0.78738594

00:39:39.667 --> 00:39:42.388 upright instead of trying to lean into it.

NOTE Confidence: 0.78738594

00:39:42.390 --> 00:39:44.846 So I caution some of my students from

NOTE Confidence: 0.78738594

00:39:44.846 --> 00:39:47.159 if they're using a Walker about leaning

NOTE Confidence: 0.78738594

00:39:47.159 --> 00:39:49.498 into it that they need to use it,

NOTE Confidence: 0.78738594

00:39:49.500 --> 00:39:52.764 but make sure you're using your body for

NOTE Confidence: 0.78738594

00:39:52.764 --> 00:39:56.256 the most part since it is a useful tool.

NOTE Confidence: 0.78738594

00:39:56.260 --> 00:39:57.910 Alright, now I'm gonna step over

NOTE Confidence: 0.78738594

00:39:57.910 --> 00:39:59.729 to the right side of my chair.

NOTE Confidence: 0.78738594

00:39:59.730 --> 00:40:01.866 I'm gonna rest my hand on my chair.

NOTE Confidence: 0.78738594

00:40:01.870 --> 00:40:04.741 Just let the elbow bend and I'm going to

NOTE Confidence: 0.78738594

00:40:04.741 --> 00:40:07.513 settle on to my left leg to lift my right.

NOTE Confidence: 0.78738594

00:40:07.520 --> 00:40:09.758 Leg and foot.
NOTE Confidence: 0.78738594
00:40:09.760 --> 00:40:11.728 So again, getting some stretch and
NOTE Confidence: 0.78738594
00:40:11.728 --> 00:40:13.560 flexibility as well as balance.
NOTE Confidence: 0.58199704
00:40:24.330 --> 00:40:26.706 Shake out, loosening up to him.
NOTE Confidence: 0.69600517
00:40:30.420 --> 00:40:32.350 You know, either shake forward, back.
NOTE Confidence: 0.7334209
00:40:39.520 --> 00:40:40.815 Yeah, and then release and
NOTE Confidence: 0.7334209
00:40:40.815 --> 00:40:42.445 then will come to the other
NOTE Confidence: 0.7334209
00:40:42.445 --> 00:40:43.840 side of the chair easily.
NOTE Confidence: 0.7334209
00:40:43.840 --> 00:40:47.515 So again utilizing the chairs you need.
NOTE Confidence: 0.7334209
00:40:47.520 --> 00:40:50.660 And then bringing the.
NOTE Confidence: 0.7334209
00:40:50.660 --> 00:40:52.090 Left leg, up and down.
NOTE Confidence: 0.61820054
00:41:03.230 --> 00:41:04.088 Shake it out.
NOTE Confidence: 0.8201766
00:41:11.310 --> 00:41:13.116 And then shake it forward and backwards.
NOTE Confidence: 0.65134925
00:41:19.750 --> 00:41:21.525 And then release them to
NOTE Confidence: 0.65134925
00:41:21.525 --> 00:41:23.780 take my chair to the mall.
NOTE Confidence: 0.77356213
00:41:26.160 --> 00:41:28.484 Let me show you how to do

NOTE Confidence: 0.77356213

00:41:28.484 --> 00:41:30.330 this with another camera so.

NOTE Confidence: 0.77356213

00:41:30.330 --> 00:41:33.074 So here's a really good way of stretching

NOTE Confidence: 0.77356213

00:41:33.074 --> 00:41:35.309 your legs and back with support.

NOTE Confidence: 0.77356213

00:41:35.310 --> 00:41:38.158 So for those people who are in yoga,

NOTE Confidence: 0.77356213

00:41:38.160 --> 00:41:39.940 this is like downward facing

NOTE Confidence: 0.77356213

00:41:39.940 --> 00:41:41.720 dog modified from a chair.

NOTE Confidence: 0.77356213

00:41:41.720 --> 00:41:43.495 So place your palm's shoulder

NOTE Confidence: 0.77356213

00:41:43.495 --> 00:41:44.567 distance apart, Sir.

NOTE Confidence: 0.77356213

00:41:44.567 --> 00:41:46.709 To walk your feet back again.

NOTE Confidence: 0.77356213

00:41:46.710 --> 00:41:50.270 The chair is against the wall for support.

NOTE Confidence: 0.77356213

00:41:50.270 --> 00:41:51.950 A little bit of peril on my feet.

NOTE Confidence: 0.77356213

00:41:51.950 --> 00:41:53.094 I'm gonna bring my.

NOTE Confidence: 0.77356213

00:41:53.094 --> 00:41:55.108 Hips behind my heels and I'll give

NOTE Confidence: 0.77356213

00:41:55.108 --> 00:41:56.980 a shift from side to side so he

NOTE Confidence: 0.77356213

00:41:56.980 --> 00:41:58.910 see how this feels on your body.

NOTE Confidence: 0.77356213

00:41:58.910 --> 00:42:01.619 It's really good way of traction in the back.
NOTE Confidence: 0.77356213

00:42:01.620 --> 00:42:03.580 You know, if your back is sore,
NOTE Confidence: 0.77356213

00:42:03.580 --> 00:42:04.420 need to stretch.
NOTE Confidence: 0.7255476

00:42:07.800 --> 00:42:11.353 Easy breath. They were just
NOTE Confidence: 0.7255476

00:42:11.353 --> 00:42:13.430 gonna sit back. So again,
NOTE Confidence: 0.7255476

00:42:13.430 --> 00:42:16.940 most the way it is in the feet legs.
NOTE Confidence: 0.7255476

00:42:16.940 --> 00:42:20.060 But there is some weight into the chair,
NOTE Confidence: 0.7255476

00:42:20.060 --> 00:42:22.400 so you're counterbalancing in your breathing.
NOTE Confidence: 0.71069974

00:42:35.920 --> 00:42:37.790 Hey Linda, come on it.
NOTE Confidence: 0.71069974

00:42:37.790 --> 00:42:40.300 Slowly walked toward the chair.
NOTE Confidence: 0.71069974

00:42:40.300 --> 00:42:43.116 Banner dies and come all the way out.
NOTE Confidence: 0.8046494

00:42:45.600 --> 00:42:48.484 And I'm going to show you that
NOTE Confidence: 0.8046494

00:42:48.484 --> 00:42:50.360 modification with two chairs.
NOTE Confidence: 0.8046494

00:42:50.360 --> 00:42:54.150 From the side. Chair from here and play.
NOTE Confidence: 0.8150929

00:43:05.980 --> 00:43:07.746 So again, there's always a
NOTE Confidence: 0.8150929

00:43:07.746 --> 00:43:09.516 way of modifying for support,

NOTE Confidence: 0.8150929

00:43:09.520 --> 00:43:12.344 so if I'm sitting upright into that chair,

NOTE Confidence: 0.8150929

00:43:12.350 --> 00:43:15.174 I could take my hand so this chair,

NOTE Confidence: 0.8150929

00:43:15.180 --> 00:43:17.292 and now most of my weight

NOTE Confidence: 0.8150929

00:43:17.292 --> 00:43:19.430 is into still into my back,

NOTE Confidence: 0.8150929

00:43:19.430 --> 00:43:22.405 my legs, and really good way of

NOTE Confidence: 0.8150929

00:43:22.405 --> 00:43:24.990 getting some good back traction.

NOTE Confidence: 0.8150929

00:43:24.990 --> 00:43:27.096 So breathing it's either late to

NOTE Confidence: 0.8150929

00:43:27.096 --> 00:43:29.230 sign the release the shoulders.

NOTE Confidence: 0.7390726

00:43:42.580 --> 00:43:43.988 England come on over.

NOTE Confidence: 0.7390726

00:43:43.988 --> 00:43:46.100 Take your hands off the chair

NOTE Confidence: 0.7390726

00:43:46.177 --> 00:43:48.147 slightly bring them on your

NOTE Confidence: 0.7390726

00:43:48.147 --> 00:43:50.117 thighs and then slowly stuff.

NOTE Confidence: 0.82746017

00:43:52.400 --> 00:43:56.994 So yeah. Use many options that you need to

NOTE Confidence: 0.82746017

00:43:56.994 --> 00:43:59.888 be able to do these exercises and start

NOTE Confidence: 0.82746017

00:43:59.888 --> 00:44:02.770 to explore your mind and body anymore.

NOTE Confidence: 0.82746017

00:44:02.770 --> 00:44:05.548 Gain more control and balance and.
NOTE Confidence: 0.82746017

00:44:05.550 --> 00:44:07.797 Lineman and shifting all I could stop.
NOTE Confidence: 0.82746017

00:44:07.800 --> 00:44:10.644 So as we go through, we're going to revisit.
NOTE Confidence: 0.82746017

00:44:10.644 --> 00:44:12.510 Some exercises were going to be
NOTE Confidence: 0.82746017

00:44:12.576 --> 00:44:14.216 some new exercises into play.
NOTE Confidence: 0.82746017

00:44:14.220 --> 00:44:16.290 We're gonna bring some standing exercises
NOTE Confidence: 0.82746017

00:44:16.290 --> 00:44:18.707 with the chair and we use the chair.
NOTE Confidence: 0.82746017

00:44:18.710 --> 00:44:21.022 We need. The chair will use the chair
NOTE Confidence: 0.82746017

00:44:21.022 --> 00:44:23.474 and if we can freestyle freestyle as
NOTE Confidence: 0.82746017

00:44:23.474 --> 00:44:26.447 well but will always have the chair on
NOTE Confidence: 0.82746017

00:44:26.447 --> 00:44:28.637 hand for these chair based exercises.
NOTE Confidence: 0.82746017

00:44:28.640 --> 00:44:29.969 Which happened on.
NOTE Confidence: 0.7734169

00:44:32.890 --> 00:44:34.390 Tuesdays at 1:00 o'clock,
NOTE Confidence: 0.7734169

00:44:34.390 --> 00:44:36.640 so tune in at 1:00 o'clock.
NOTE Confidence: 0.7734169

00:44:36.640 --> 00:44:38.640 Let your friends know.
NOTE Confidence: 0.7734169

00:44:38.640 --> 00:44:40.934 Again, my name is Bill Bannock and

NOTE Confidence: 0.7734169

00:44:40.934 --> 00:44:42.866 I work for integrative medicine and

NOTE Confidence: 0.7734169

00:44:42.866 --> 00:44:45.211 this is the series of chair based

NOTE Confidence: 0.7734169

00:44:45.211 --> 00:44:47.287 exercises which will continue on with.

NOTE Confidence: 0.7734169

00:44:47.290 --> 00:44:49.327 So hopefully you found this useful today

NOTE Confidence: 0.7734169

00:44:49.327 --> 00:44:51.418 and you'll practice what you could remember,

NOTE Confidence: 0.7734169

00:44:51.420 --> 00:44:52.900 and we'll have some references.

NOTE Confidence: 0.7734169

00:44:52.900 --> 00:44:54.670 Will have some video references

NOTE Confidence: 0.7734169

00:44:54.670 --> 00:44:56.730 for you to be able to.

NOTE Confidence: 0.7734169

00:44:56.730 --> 00:44:58.730 Exploring continue to practice,

NOTE Confidence: 0.7734169

00:44:58.730 --> 00:45:02.170 so I thank you for coming out.

NOTE Confidence: 0.7734169

00:45:02.170 --> 00:45:03.685 Today and look forward to

NOTE Confidence: 0.7734169

00:45:03.685 --> 00:45:05.200 working with you next time.

NOTE Confidence: 0.7734169

00:45:05.200 --> 00:45:05.760 Take care.