

WEBVTT

NOTE duration:"00:51:21.8560000"

NOTE language:en-us

NOTE Confidence: 0.934386967741935

00:00:04.020 --> 00:00:06.638 Alright, so mum. Welcome to a chair

NOTE Confidence: 0.934386967741935

00:00:06.638 --> 00:00:08.953 based exercise class on Bill Bannock

NOTE Confidence: 0.934386967741935

00:00:08.953 --> 00:00:11.197 and will be going through some

NOTE Confidence: 0.934386967741935

00:00:11.197 --> 00:00:13.042 movements in the chair or using

NOTE Confidence: 0.934386967741935

00:00:13.042 --> 00:00:15.236 the chair in and out of the chair.

NOTE Confidence: 0.934386967741935

00:00:15.236 --> 00:00:16.994 So thanks for coming out today

NOTE Confidence: 0.934386967741935

00:00:16.994 --> 00:00:19.248 so I will be sitting in chair.

NOTE Confidence: 0.934386967741935

00:00:19.250 --> 00:00:22.238 Make sure if you have space.

NOTE Confidence: 0.934386967741935

00:00:22.240 --> 00:00:24.430 Well outside come to the properties

NOTE Confidence: 0.934386967741935

00:00:24.430 --> 00:00:27.280 here so that your thighs or freed up.

NOTE Confidence: 0.934386967741935

00:00:27.280 --> 00:00:30.157 Make sure your feet are parallel with

NOTE Confidence: 0.934386967741935

00:00:30.157 --> 00:00:33.449 each other and that the knees or over

NOTE Confidence: 0.934386967741935

00:00:33.449 --> 00:00:36.460 the heels and the shoulders are relaxed.

NOTE Confidence: 0.934386967741935

00:00:36.460 --> 00:00:37.855 Internet is up.

NOTE Confidence: 0.934386967741935  
00:00:37.855 --> 00:00:40.645 Solar cell to find a position  
NOTE Confidence: 0.934386967741935  
00:00:40.645 --> 00:00:42.958 of ease in the chair.  
NOTE Confidence: 0.934386967741935  
00:00:42.960 --> 00:00:46.060 Normal closure eyes and.  
NOTE Confidence: 0.934386967741935  
00:00:46.060 --> 00:00:49.030 Watch things that'll feed relaxed floor,  
NOTE Confidence: 0.934386967741935  
00:00:49.030 --> 00:00:51.010 hips, relax to chair.  
NOTE Confidence: 0.96192205  
00:00:55.920 --> 00:00:57.390 Face and Roblox.  
NOTE Confidence: 0.8525454  
00:01:02.290 --> 00:01:03.559 Tune into bra.  
NOTE Confidence: 0.9756595  
00:01:06.550 --> 00:01:08.414 So if you breathe in through your nose  
NOTE Confidence: 0.9756595  
00:01:08.414 --> 00:01:10.360 and out through your nose, that's great.  
NOTE Confidence: 0.9756595  
00:01:10.360 --> 00:01:12.850 And if you can't, that's fine too.  
NOTE Confidence: 0.9756595  
00:01:12.850 --> 00:01:15.300 However, you need to breathe.  
NOTE Confidence: 0.9756595  
00:01:15.300 --> 00:01:17.076 Just relax into the breath breath,  
NOTE Confidence: 0.9756595  
00:01:17.080 --> 00:01:19.440 be there for you and take it in.  
NOTE Confidence: 0.9721255  
00:01:21.820 --> 00:01:23.432 Always welcoming health and  
NOTE Confidence: 0.9721255  
00:01:23.432 --> 00:01:25.447 well being on each breath.  
NOTE Confidence: 0.9759795

00:01:28.140 --> 00:01:29.869 In your ability to be in the  
NOTE Confidence: 0.9759795

00:01:29.869 --> 00:01:31.280 present moment with each breath.  
NOTE Confidence: 0.91662353

00:01:34.090 --> 00:01:36.253 Following in the body of mine to  
NOTE Confidence: 0.91662353

00:01:36.253 --> 00:01:38.198 reconnect again and again and again.  
NOTE Confidence: 0.86543626

00:01:45.830 --> 00:01:47.528 Cool, then we'll open our eyes.  
NOTE Confidence: 0.86543626

00:01:47.530 --> 00:01:49.922 So the first move in keeping the neckline  
NOTE Confidence: 0.86543626

00:01:49.922 --> 00:01:52.337 will just be a slight nod with the chin.  
NOTE Confidence: 0.9694879

00:02:21.120 --> 00:02:22.365 We're going to take the  
NOTE Confidence: 0.9694879

00:02:22.365 --> 00:02:23.610 right hand over the left.  
NOTE Confidence: 0.9694879

00:02:23.610 --> 00:02:27.300 I left down on top. Slowly.  
NOTE Confidence: 0.92769986

00:02:40.110 --> 00:02:41.430 Stay in touch with your brother.  
NOTE Confidence: 0.94935644

00:02:57.640 --> 00:03:00.300 And welcome back to center and release,  
NOTE Confidence: 0.94935644

00:03:00.300 --> 00:03:02.960 and then we'll move the torso forward,  
NOTE Confidence: 0.94935644

00:03:02.960 --> 00:03:04.860 inhaling hard for duck sailing.  
NOTE Confidence: 0.94935644

00:03:04.860 --> 00:03:08.076 Naval map. Three movement and breath  
NOTE Confidence: 0.94935644

00:03:08.076 --> 00:03:10.369 in front of the body in the back.

NOTE Confidence: 0.7831642

00:03:36.170 --> 00:03:39.460 And then we'll come back up, right?

NOTE Confidence: 0.7831642

00:03:39.460 --> 00:03:40.825 From here, we're going to

NOTE Confidence: 0.7831642

00:03:40.825 --> 00:03:42.600 take a left and right thigh,

NOTE Confidence: 0.7831642

00:03:42.600 --> 00:03:44.020 right hand on tile, accent,

NOTE Confidence: 0.7831642

00:03:44.020 --> 00:03:45.445 shoulders, and then again I

NOTE Confidence: 0.7831642

00:03:45.445 --> 00:03:46.870 moved into left and right.

NOTE Confidence: 0.981718

00:04:26.020 --> 00:04:27.934 And then we'll come back to

NOTE Confidence: 0.981718

00:04:27.934 --> 00:04:29.959 this other place to handle it.

NOTE Confidence: 0.981718

00:04:29.960 --> 00:04:32.030 From there will be some

NOTE Confidence: 0.981718

00:04:32.030 --> 00:04:34.100 upside movement with the head.

NOTE Confidence: 0.981718

00:04:34.100 --> 00:04:35.976 Going from one side to the other.

NOTE Confidence: 0.9877305

00:04:40.200 --> 00:04:41.480 To create this stretch.

NOTE Confidence: 0.9623036

00:05:02.410 --> 00:05:03.180 Literally so.

NOTE Confidence: 0.9841921

00:05:06.460 --> 00:05:07.724 Make sure they're relaxed

NOTE Confidence: 0.9841921

00:05:07.724 --> 00:05:09.620 all the way to the fingers.

NOTE Confidence: 0.9841921

00:05:09.620 --> 00:05:10.932 Olivia was switched on,  
NOTE Confidence: 0.9841921

00:05:10.932 --> 00:05:12.902 arms up, so they come together.  
NOTE Confidence: 0.9841921

00:05:12.902 --> 00:05:14.870 He can only hotel palm down,  
NOTE Confidence: 0.9841921

00:05:14.870 --> 00:05:17.560 sleeping back to the side.  
NOTE Confidence: 0.9841921

00:05:17.560 --> 00:05:21.550 Now you follow graph into movement.  
NOTE Confidence: 0.9841921

00:05:21.550 --> 00:05:22.910 In your body will start  
NOTE Confidence: 0.9841921

00:05:22.910 --> 00:05:23.998 to regulate the breath.  
NOTE Confidence: 0.9841921

00:05:24.000 --> 00:05:25.650 So if you need more and  
NOTE Confidence: 0.9841921

00:05:25.650 --> 00:05:26.750 taking more without having  
NOTE Confidence: 0.9841921

00:05:26.808 --> 00:05:28.350 to stress and huff and puff.  
NOTE Confidence: 0.96033794

00:05:31.190 --> 00:05:33.560 So slow, relaxed, controlled movement.  
NOTE Confidence: 0.95065516

00:05:43.060 --> 00:05:46.174 The fingers will press them up on the axial,  
NOTE Confidence: 0.95065516

00:05:46.180 --> 00:05:48.609 release them on the inhale up on  
NOTE Confidence: 0.95065516

00:05:48.609 --> 00:05:50.690 the exhale, release the money again.  
NOTE Confidence: 0.9022384

00:06:00.390 --> 00:06:03.078 Good then will bend the right elbow.  
NOTE Confidence: 0.9022384

00:06:03.080 --> 00:06:05.810 Take that left hand across Oval

NOTE Confidence: 0.9022384  
00:06:05.810 --> 00:06:09.147 Office if you want to scratch them  
NOTE Confidence: 0.9022384  
00:06:09.147 --> 00:06:11.997 upper back with the right hand.  
NOTE Confidence: 0.9022384  
00:06:12.000 --> 00:06:13.428 Those arms or legs.  
NOTE Confidence: 0.9825396  
00:06:19.720 --> 00:06:21.082 And they will do the same  
NOTE Confidence: 0.9825396  
00:06:21.082 --> 00:06:22.539 thing with the other one laugh.  
NOTE Confidence: 0.99079835  
00:06:25.020 --> 00:06:26.058 Creating a stretch.  
NOTE Confidence: 0.94704807  
00:06:36.110 --> 00:06:38.276 Ellen will bring the hands outside  
NOTE Confidence: 0.94704807  
00:06:38.276 --> 00:06:41.072 their arms if we want to pull the  
NOTE Confidence: 0.94704807  
00:06:41.072 --> 00:06:43.110 arms away, holding out with their  
NOTE Confidence: 0.94704807  
00:06:43.110 --> 00:06:44.510 hands relaxing the shoulders.  
NOTE Confidence: 0.84201  
00:06:49.720 --> 00:06:52.192 And then slowly release and then  
NOTE Confidence: 0.84201  
00:06:52.192 --> 00:06:54.450 we roll the shoulders around.  
NOTE Confidence: 0.97767216  
00:07:10.650 --> 00:07:12.080 And then the other direction.  
NOTE Confidence: 0.98228586  
00:07:23.930 --> 00:07:26.098 Good, let's bring the hands once more again.  
NOTE Confidence: 0.98228586  
00:07:26.100 --> 00:07:27.072 This time will interlace.  
NOTE Confidence: 0.98228586

00:07:27.072 --> 00:07:29.080 The fingers will do our side stretching,

NOTE Confidence: 0.98228586

00:07:29.080 --> 00:07:30.970 so we're going to stretch the palms

NOTE Confidence: 0.98228586

00:07:30.970 --> 00:07:33.136 out to the left and to the right,

NOTE Confidence: 0.98228586

00:07:33.140 --> 00:07:35.230 and come back to center.

NOTE Confidence: 0.98228586

00:07:35.230 --> 00:07:36.628 Dave, this match honey actually will

NOTE Confidence: 0.98228586

00:07:36.628 --> 00:07:38.437 come back to the center on the deal.

NOTE Confidence: 0.9802235

00:08:09.250 --> 00:08:10.615 And then release back to the center,

NOTE Confidence: 0.9802235

00:08:10.620 --> 00:08:12.384 and then we'll take it to the other side.

NOTE Confidence: 0.97971416

00:08:41.220 --> 00:08:43.120 Yeah, literally.

NOTE Confidence: 0.97971416

00:08:43.120 --> 00:08:45.528 And only in the hands forward stuff

NOTE Confidence: 0.97971416

00:08:45.528 --> 00:08:48.359 is if you're taking invisible orders.

NOTE Confidence: 0.97971416

00:08:48.360 --> 00:08:51.360 Very close to his shoulder blades

NOTE Confidence: 0.97971416

00:08:51.360 --> 00:08:53.360 drawing for their release.

NOTE Confidence: 0.97971416

00:08:53.360 --> 00:08:54.506 Collin Hill band.

NOTE Confidence: 0.97971416

00:08:54.506 --> 00:08:56.416 For all the XL forward.

NOTE Confidence: 0.93753433

00:09:20.410 --> 00:09:23.050 Police say this offense for

NOTE Confidence: 0.93753433

00:09:23.050 --> 00:09:25.690 what we call bone arrows.

NOTE Confidence: 0.93753433

00:09:25.690 --> 00:09:29.200 Long left elbow out, really.

NOTE Confidence: 0.93753433

00:09:29.200 --> 00:09:30.785 Into this trash and follow

NOTE Confidence: 0.93753433

00:09:30.785 --> 00:09:31.736 the excellent release.

NOTE Confidence: 0.9834215

00:10:00.980 --> 00:10:03.848 The other sides everything.

NOTE Confidence: 0.9834215

00:10:03.850 --> 00:10:08.488 Right elbow. Bali. Movement with brown.

NOTE Confidence: 0.96666896

00:10:34.690 --> 00:10:36.754 And then open palms bottom three

NOTE Confidence: 0.96666896

00:10:36.754 --> 00:10:38.710 fingers in both index fingers,

NOTE Confidence: 0.96666896

00:10:38.710 --> 00:10:40.530 right, right, index, finger up,

NOTE Confidence: 0.96666896

00:10:40.530 --> 00:10:42.732 rubber band between some and index

NOTE Confidence: 0.96666896

00:10:42.732 --> 00:10:44.910 finger and right index finger up.

NOTE Confidence: 0.96666896

00:10:44.910 --> 00:10:46.740 Keep your shoulders relax slowly.

NOTE Confidence: 0.96666896

00:10:46.740 --> 00:10:48.196 Inhale into this traction.

NOTE Confidence: 0.96666896

00:10:48.196 --> 00:10:49.288 They exhale really.

NOTE Confidence: 0.90685976

00:10:54.920 --> 00:10:57.300 Slower lacks control movement.

NOTE Confidence: 0.98473084



00:11:12.600 --> 00:11:13.520 Change direction.  
NOTE Confidence: 0.967496

00:11:33.620 --> 00:11:37.646 Slow. We will survive computers and move  
NOTE Confidence: 0.967496

00:11:37.646 --> 00:11:40.350 on the arms and legs while splashing.  
NOTE Confidence: 0.98078614

00:11:43.810 --> 00:11:45.265 So freeing up the legs  
NOTE Confidence: 0.98078614

00:11:45.265 --> 00:11:46.720 and arms, warming them up.  
NOTE Confidence: 0.9670845

00:11:55.060 --> 00:11:56.835 Going through liberal actually will  
NOTE Confidence: 0.9670845

00:11:56.835 --> 00:11:59.160 rotate arms and legs in and out.  
NOTE Confidence: 0.89531523

00:12:11.720 --> 00:12:14.198 And they always have hands and feet.  
NOTE Confidence: 0.89531523

00:12:14.200 --> 00:12:15.508 Keeping that relaxed leg.  
NOTE Confidence: 0.9670662

00:12:26.280 --> 00:12:28.256 And then will circulate in hands and feet.  
NOTE Confidence: 0.9076422

00:12:38.140 --> 00:12:38.510 Feet.  
NOTE Confidence: 0.97224337

00:12:48.180 --> 00:12:49.988 And then slowly release.  
NOTE Confidence: 0.96546775

00:12:53.120 --> 00:12:54.836 I will do some more exposed  
NOTE Confidence: 0.96546775

00:12:54.836 --> 00:12:56.720 to the arms and shoulders,  
NOTE Confidence: 0.96546775

00:12:56.720 --> 00:12:58.024 so keeping leftover boundaries  
NOTE Confidence: 0.96546775

00:12:58.024 --> 00:13:00.062 in right hand up, spread fingers,

NOTE Confidence: 0.96546775  
00:13:00.062 --> 00:13:03.640 palm up and starts the arm back and release.  
NOTE Confidence: 0.96546775  
00:13:03.640 --> 00:13:05.215 Follow, then he'll back in  
NOTE Confidence: 0.96546775  
00:13:05.215 --> 00:13:06.475 the Asheville True lease.  
NOTE Confidence: 0.981475  
00:13:47.690 --> 00:13:51.252 And then release. All left.  
NOTE Confidence: 0.981475  
00:13:51.252 --> 00:13:53.532 Right hand back the head  
NOTE Confidence: 0.981475  
00:13:53.532 --> 00:13:55.430 keeping the spine logs.  
NOTE Confidence: 0.981475  
00:13:55.430 --> 00:13:57.698 That would be strange for that.  
NOTE Confidence: 0.9778277  
00:14:01.640 --> 00:14:02.100 Brown  
NOTE Confidence: 0.9633611  
00:14:24.590 --> 00:14:25.598 and they will change.  
NOTE Confidence: 0.9548078  
00:14:49.690 --> 00:14:52.970 In release and then we interlace the fingers,  
NOTE Confidence: 0.9548078  
00:14:52.970 --> 00:14:55.618 resting the handle door side, stretch.  
NOTE Confidence: 0.9548078  
00:14:55.618 --> 00:14:58.010 Here the polyaxial over  
NOTE Confidence: 0.9548078  
00:14:58.010 --> 00:15:01.000 to left inhale back up.  
NOTE Confidence: 0.9548078  
00:15:01.000 --> 00:15:02.566 Yeah we did that or so.  
NOTE Confidence: 0.9548078  
00:15:02.570 --> 00:15:04.574 Just like we have the weight  
NOTE Confidence: 0.9548078

00:15:04.574 --> 00:15:05.910 of the head before.  
NOTE Confidence: 0.9548078  
00:15:05.910 --> 00:15:07.720 So creating their relax stretch.  
NOTE Confidence: 0.9567991  
00:15:29.510 --> 00:15:30.110 It won't take it.  
NOTE Confidence: 0.93964624  
00:15:52.380 --> 00:15:54.228 And then slowly.  
NOTE Confidence: 0.98662865  
00:15:56.560 --> 00:15:57.478 Of the waste.  
NOTE Confidence: 0.959892565  
00:16:00.050 --> 00:16:02.834 Feet wide or LAX.  
NOTE Confidence: 0.959892565  
00:16:02.834 --> 00:16:05.618 Coming across forward crossing.  
NOTE Confidence: 0.968823115  
00:16:08.190 --> 00:16:09.858 Still out here. Really in Halo?  
NOTE Confidence: 0.87240726  
00:16:36.150 --> 00:16:38.070 Easily direction.  
NOTE Confidence: 0.9776294  
00:17:15.680 --> 00:17:17.934 Hold the bag holding on to that  
NOTE Confidence: 0.9776294  
00:17:17.934 --> 00:17:19.829 as we're twisting to the right,  
NOTE Confidence: 0.9776294  
00:17:19.830 --> 00:17:22.056 we're gonna push with the ride and  
NOTE Confidence: 0.9776294  
00:17:22.056 --> 00:17:24.608 pull with the left to create A twist.  
NOTE Confidence: 0.9776294  
00:17:24.610 --> 00:17:25.890 Staying upright and relaxing.  
NOTE Confidence: 0.96236575  
00:17:40.110 --> 00:17:40.670 I'll take it over.  
NOTE Confidence: 0.98458207  
00:17:44.240 --> 00:17:48.520 Yeah. They're comfortably upright.

NOTE Confidence: 0.98458207

00:17:48.520 --> 00:17:50.140 This time we're pulling with a

NOTE Confidence: 0.98458207

00:17:50.140 --> 00:17:51.490 ride, pushing with the left.

NOTE Confidence: 0.9705676

00:18:07.030 --> 00:18:08.830 Come out of the chair.

NOTE Confidence: 0.9705676

00:18:08.830 --> 00:18:10.618 So we're going to do the

NOTE Confidence: 0.9705676

00:18:10.618 --> 00:18:11.214 reporting methodology.

NOTE Confidence: 0.9705676

00:18:11.220 --> 00:18:12.720 People come forward three times,

NOTE Confidence: 0.9705676

00:18:12.720 --> 00:18:14.215 just stretching our back forward

NOTE Confidence: 0.9705676

00:18:14.215 --> 00:18:15.710 still remaining in the chair.

NOTE Confidence: 0.9705676

00:18:15.710 --> 00:18:18.070 Second part, we're gonna come a couple inches

NOTE Confidence: 0.9705676

00:18:18.070 --> 00:18:20.790 off the chair and then slowly come back down.

NOTE Confidence: 0.9705676

00:18:20.790 --> 00:18:22.876 There's animal come out of the chair,

NOTE Confidence: 0.9705676

00:18:22.880 --> 00:18:25.562 come back, sit down, come out of the chair,

NOTE Confidence: 0.9705676

00:18:25.570 --> 00:18:27.794 come back in town so it's good work

NOTE Confidence: 0.9705676

00:18:27.794 --> 00:18:29.886 for your thighs, your legs.

NOTE Confidence: 0.9705676

00:18:29.886 --> 00:18:31.938 In your back right?

NOTE Confidence: 0.9705676

00:18:31.940 --> 00:18:35.068 So make sure you're in the correct position.  
NOTE Confidence: 0.9705676

00:18:35.070 --> 00:18:38.724 Feet parallel knees over ankles body relax.  
NOTE Confidence: 0.9705676

00:18:38.730 --> 00:18:40.506 Onion Hill will stretch  
NOTE Confidence: 0.9705676

00:18:40.506 --> 00:18:42.726 the body and arms forward.  
NOTE Confidence: 0.9705676

00:18:42.730 --> 00:18:45.268 Lyrics to release.  
NOTE Confidence: 0.9705676

00:18:45.270 --> 00:18:45.580 Again.  
NOTE Confidence: 0.9890434

00:18:50.470 --> 00:18:51.259 One more time.  
NOTE Confidence: 0.9866775

00:18:55.570 --> 00:18:59.357 This time we're going to come forward.  
NOTE Confidence: 0.9866775

00:18:59.360 --> 00:19:02.186 Slightly obsolete control coming back out.  
NOTE Confidence: 0.90243024

00:19:04.650 --> 00:19:05.290 Look forward.  
NOTE Confidence: 0.9785091

00:19:07.450 --> 00:19:08.020 Absolutely.  
NOTE Confidence: 0.9703914

00:19:11.330 --> 00:19:11.880 Then again.  
NOTE Confidence: 0.9685963999999999

00:19:17.230 --> 00:19:19.750 All the way up, which will entail  
NOTE Confidence: 0.9685963999999999

00:19:19.750 --> 00:19:22.207 coming forward on the inhale and then  
NOTE Confidence: 0.9685963999999999

00:19:22.207 --> 00:19:25.080 lived in the body and arms above the X.  
NOTE Confidence: 0.9685963999999999

00:19:25.080 --> 00:19:27.055 Ellen releasing. Or looking back

NOTE Confidence: 0.9685963999999999  
00:19:27.055 --> 00:19:29.560 so you can touch the chair.  
NOTE Confidence: 0.94403595  
00:19:31.580 --> 00:19:33.944 Once again, will inhale  
NOTE Confidence: 0.94403595  
00:19:33.944 --> 00:19:36.330 and go forward. Skills.  
NOTE Confidence: 0.94634855  
00:19:39.500 --> 00:19:42.340 Neighborly Oh yeah.  
NOTE Confidence: 0.9834964  
00:19:57.910 --> 00:19:58.390 Girls.  
NOTE Confidence: 0.9830262  
00:20:00.900 --> 00:20:01.539 One more time.  
NOTE Confidence: 0.98116577  
00:20:11.790 --> 00:20:13.458 I'm coming back toward the chair.  
NOTE Confidence: 0.99021155  
00:20:15.850 --> 00:20:16.460 Touching.  
NOTE Confidence: 0.9694366  
00:20:23.840 --> 00:20:28.467 Do some work with core strength legs.  
NOTE Confidence: 0.9694366  
00:20:28.470 --> 00:20:32.310 Take that up to the Chester shoulder release.  
NOTE Confidence: 0.98664063  
00:20:53.910 --> 00:20:56.606 The other side, yeah, it relates to fingers.  
NOTE Confidence: 0.9698538  
00:20:59.610 --> 00:21:00.190 Truly.  
NOTE Confidence: 0.92097795  
00:21:04.270 --> 00:21:06.132 It also gives a nice stretch the  
NOTE Confidence: 0.92097795  
00:21:06.132 --> 00:21:07.937 glued to the leg in the back.  
NOTE Confidence: 0.9478622  
00:21:21.580 --> 00:21:23.162 Bring the leg out, bring the hand  
NOTE Confidence: 0.9478622

00:21:23.162 --> 00:21:24.830 in front and then on the exhale.  
NOTE Confidence: 0.9478622

00:21:24.830 --> 00:21:26.447 Take it out on the inhale back.  
NOTE Confidence: 0.94663036

00:21:45.780 --> 00:21:47.230 And slow.  
NOTE Confidence: 0.9891876

00:21:49.830 --> 00:21:50.560 Website.  
NOTE Confidence: 0.9336627

00:22:14.220 --> 00:22:16.250 11 a little bit more core strength  
NOTE Confidence: 0.9336627

00:22:16.250 --> 00:22:18.338 and also good for the hamstrings.  
NOTE Confidence: 0.9336627

00:22:18.340 --> 00:22:19.608 The Nice meziani axial.  
NOTE Confidence: 0.9336627

00:22:19.608 --> 00:22:21.510 Find some extension on the lease.  
NOTE Confidence: 0.97299075

00:22:35.070 --> 00:22:37.576 And they will stay in extension there.  
NOTE Confidence: 0.97299075

00:22:37.580 --> 00:22:39.370 People lived in the body.  
NOTE Confidence: 0.97299075

00:22:39.370 --> 00:22:40.798 Keep drawing up Neil.  
NOTE Confidence: 0.97299075

00:22:40.798 --> 00:22:42.226 Keep relaxing your shoulders.  
NOTE Confidence: 0.97095746

00:22:46.740 --> 00:22:47.450 Helen.  
NOTE Confidence: 0.94583815

00:22:49.790 --> 00:22:50.610 Be on the other side.  
NOTE Confidence: 0.9846088

00:22:53.130 --> 00:22:53.920 Nationally.  
NOTE Confidence: 0.97715396

00:23:05.980 --> 00:23:06.970 Stand it up.

NOTE Confidence: 0.91113806  
00:23:25.520 --> 00:23:28.232 Work through the groin and hips  
NOTE Confidence: 0.91113806  
00:23:28.232 --> 00:23:30.920 so cradling with leg and foot.  
NOTE Confidence: 0.97129047  
00:23:42.870 --> 00:23:45.566 Legs crossed ankles not  
NOTE Confidence: 0.97129047  
00:23:45.566 --> 00:23:47.588 experiencing any stress.  
NOTE Confidence: 0.97129047  
00:23:47.590 --> 00:23:50.999 Close it all. Fill in the fold.  
NOTE Confidence: 0.92074573  
00:24:08.440 --> 00:24:08.930 Come on.  
NOTE Confidence: 0.9885809  
00:24:11.130 --> 00:24:14.550 Extended out we're good for this trash.  
NOTE Confidence: 0.97036856  
00:24:27.260 --> 00:24:29.240 At least he continued the outside  
NOTE Confidence: 0.97036856  
00:24:29.240 --> 00:24:31.577 edge of the food will be on  
NOTE Confidence: 0.97036856  
00:24:31.577 --> 00:24:33.147 hand on the chair interest.  
NOTE Confidence: 0.9824502  
00:24:43.360 --> 00:24:45.308 And then slowly release.  
NOTE Confidence: 0.9875772  
00:24:47.600 --> 00:24:48.299 The other side.  
NOTE Confidence: 0.98206306  
00:24:54.220 --> 00:24:56.650 Search create a Ling.  
NOTE Confidence: 0.9290932  
00:25:03.140 --> 00:25:05.436 Crossing over and make sure it's laying  
NOTE Confidence: 0.9290932  
00:25:05.436 --> 00:25:07.969 out the joint that's on the other leg.  
NOTE Confidence: 0.9290932



00:25:07.970 --> 00:25:10.868 Flex the toes at all and start to fold.  
NOTE Confidence: 0.9474637

00:25:25.800 --> 00:25:28.120 Latest news or footsteps?  
NOTE Confidence: 0.9490009

00:25:40.080 --> 00:25:40.990 Ignoring me.  
NOTE Confidence: 0.99254256

00:25:45.220 --> 00:25:45.890 Twist.  
NOTE Confidence: 0.9251799

00:25:57.230 --> 00:25:58.210 Slowly release.  
NOTE Confidence: 0.96941376

00:26:00.930 --> 00:26:03.314 Into the floor, we're going to keep the  
NOTE Confidence: 0.96941376

00:26:03.314 --> 00:26:05.400 knees slightly bent as we pulled forward.  
NOTE Confidence: 0.98452556

00:26:11.820 --> 00:26:13.608 The lengthening that's fine.  
NOTE Confidence: 0.8671234

00:26:18.020 --> 00:26:20.828 And then we'll walk those hands back up.  
NOTE Confidence: 0.97504026

00:26:23.310 --> 00:26:25.200 We will do that three part methodology.  
NOTE Confidence: 0.97504026

00:26:25.200 --> 00:26:26.912 We'll just do one.  
NOTE Confidence: 0.97504026

00:26:26.912 --> 00:26:29.480 2 slow this year of three  
NOTE Confidence: 0.97504026

00:26:29.584 --> 00:26:32.020 all the way over here so.  
NOTE Confidence: 0.97504026

00:26:32.020 --> 00:26:35.090 Inhale. Flexible.  
NOTE Confidence: 0.9892348

00:26:39.370 --> 00:26:39.810 Thanks.  
NOTE Confidence: 0.9662135

00:26:45.360 --> 00:26:48.981 Hello there. Make sure you

NOTE Confidence: 0.9662135

00:26:48.981 --> 00:26:51.566 walk away from the chair.

NOTE Confidence: 0.9662135

00:26:51.570 --> 00:26:53.502 With their arms down or with their

NOTE Confidence: 0.9662135

00:26:53.502 --> 00:26:56.208 arms up, we're gonna work up.

NOTE Confidence: 0.9662135

00:26:56.210 --> 00:27:00.587 They left the heels and release. Really.

NOTE Confidence: 0.9662135

00:27:00.587 --> 00:27:03.509 Fall, inhale and follow their example.

NOTE Confidence: 0.952297445454546

00:27:14.340 --> 00:27:16.260 Early. And then we're gonna

NOTE Confidence: 0.952297445454546

00:27:16.260 --> 00:27:19.000 do our side to side movement.

NOTE Confidence: 0.952297445454546

00:27:19.000 --> 00:27:21.790 Earth, we're just gonna tail.

NOTE Confidence: 0.952297445454546

00:27:21.790 --> 00:27:24.760 Lower back sacrum.

NOTE Confidence: 0.952297445454546

00:27:24.760 --> 00:27:27.100 Switch older people feed study.

NOTE Confidence: 0.9368858

00:27:30.240 --> 00:27:32.058 Too loosely at waist and arms.

NOTE Confidence: 0.9696876

00:27:47.090 --> 00:27:50.198 This will free up the opposite.

NOTE Confidence: 0.9696876

00:27:50.200 --> 00:27:53.856 Ankle and heel so just give it in.

NOTE Confidence: 0.9696876

00:27:53.860 --> 00:27:55.687 It's not too dissimilar to golf swing.

NOTE Confidence: 0.9696876

00:27:55.690 --> 00:27:57.365 Actually is a really good

NOTE Confidence: 0.9696876

00:27:57.365 --> 00:27:59.510 exercise if you have all three.  
NOTE Confidence: 0.9696876

00:27:59.510 --> 00:28:01.604 I'm keeping the shoulders and hips  
NOTE Confidence: 0.9696876

00:28:01.604 --> 00:28:03.699 level and doing that pivot out.  
NOTE Confidence: 0.97732526

00:28:06.680 --> 00:28:08.360 For freeing up the hips as well.  
NOTE Confidence: 0.971357754285714

00:28:20.640 --> 00:28:23.840 Really. Anyone circulating hips  
NOTE Confidence: 0.971357754285714

00:28:23.840 --> 00:28:27.311 keeping the help? New space widely  
NOTE Confidence: 0.971357754285714

00:28:27.311 --> 00:28:29.096 banned as we stretch across.  
NOTE Confidence: 0.98314923

00:28:44.370 --> 00:28:45.970 And don't do that in the other direction.  
NOTE Confidence: 0.94867474

00:29:01.740 --> 00:29:03.726 And then release will make sure  
NOTE Confidence: 0.94867474

00:29:03.726 --> 00:29:05.997 we bring our feet close together  
NOTE Confidence: 0.94867474

00:29:05.997 --> 00:29:07.753 and these together bellignies  
NOTE Confidence: 0.94867474

00:29:07.753 --> 00:29:10.119 take their hands off the bus.  
NOTE Confidence: 0.94867474

00:29:10.120 --> 00:29:11.848 Slowly rotate around.  
NOTE Confidence: 0.95980406

00:29:24.690 --> 00:29:26.818 Animal wrote in direction.  
NOTE Confidence: 0.84524816

00:29:38.870 --> 00:29:40.844 And then slowly and will take  
NOTE Confidence: 0.84524816

00:29:40.844 --> 00:29:42.650 time to step right again,

NOTE Confidence: 0.84524816

00:29:42.650 --> 00:29:47.329 we're going to shift. Lift the hill.

NOTE Confidence: 0.84524816

00:29:47.329 --> 00:29:50.430 And then rotate around on long foot.

NOTE Confidence: 0.84524816

00:29:50.430 --> 00:29:52.131 So mostly it is on the left

NOTE Confidence: 0.84524816

00:29:52.131 --> 00:29:53.679 legs and frees up the right.

NOTE Confidence: 0.9793693

00:29:58.100 --> 00:29:59.540 I will do them both directions.

NOTE Confidence: 0.98431927

00:30:05.120 --> 00:30:06.590 And they will do the same

NOTE Confidence: 0.98431927

00:30:06.590 --> 00:30:07.910 thing on the other side.

NOTE Confidence: 0.98431927

00:30:07.910 --> 00:30:11.500 Bring the foot back. Rotate around.

NOTE Confidence: 0.98240554

00:30:15.680 --> 00:30:16.778 And we'll do that in the

NOTE Confidence: 0.98240554

00:30:16.778 --> 00:30:17.510 other direction as well.

NOTE Confidence: 0.9809038

00:30:25.340 --> 00:30:27.965 And I will slowly release and they're

NOTE Confidence: 0.9809038

00:30:27.965 --> 00:30:30.483 going to move over to the right

NOTE Confidence: 0.9809038

00:30:30.483 --> 00:30:32.340 side of the chair. This computer.

NOTE Confidence: 0.95972294

00:30:35.520 --> 00:30:38.409 There are other chair or by your side spent

NOTE Confidence: 0.95972294

00:30:38.409 --> 00:30:40.834 along to laugh with the right leg up.

NOTE Confidence: 0.9313046

00:30:53.950 --> 00:30:57.310 LOL Keep their leg up shaking.  
NOTE Confidence: 0.9313046

00:30:57.310 --> 00:31:00.010 There just only on it, so trust  
NOTE Confidence: 0.9313046

00:31:00.010 --> 00:31:02.320 that you're stable in your leg.  
NOTE Confidence: 0.98006296

00:31:04.500 --> 00:31:05.260 Former.  
NOTE Confidence: 0.96693647

00:31:13.310 --> 00:31:15.662 It'll lift the leg up and just  
NOTE Confidence: 0.96693647

00:31:15.662 --> 00:31:17.749 keep it there still stable.  
NOTE Confidence: 0.9730794

00:31:25.460 --> 00:31:27.756 Bring the leg out to the side.  
NOTE Confidence: 0.9730794

00:31:27.760 --> 00:31:29.570 We can counterbalance either with  
NOTE Confidence: 0.9730794

00:31:29.570 --> 00:31:32.368 the chair or the hand up in the air.  
NOTE Confidence: 0.9794547

00:31:36.180 --> 00:31:39.498 Australian can stay on as well.  
NOTE Confidence: 0.9794547

00:31:39.500 --> 00:31:42.140 Either into the calf below the knee or  
NOTE Confidence: 0.9794547

00:31:42.140 --> 00:31:44.943 thigh above the knee, and rested there.  
NOTE Confidence: 0.9794547

00:31:44.943 --> 00:31:48.380 So we can bring that other off.  
NOTE Confidence: 0.9794547

00:31:48.380 --> 00:31:50.858 Finding balance, opening up the hips.  
NOTE Confidence: 0.83795464

00:32:02.360 --> 00:32:04.376 At least the arm released the leg.  
NOTE Confidence: 0.9811155

00:32:09.510 --> 00:32:13.030 Then again. Utilizing chairs there.

NOTE Confidence: 0.9811155

00:32:13.030 --> 00:32:17.647 If you're OK with your hand or near the

NOTE Confidence: 0.9811155

00:32:17.647 --> 00:32:19.720 chair, feeling strong and confident.

NOTE Confidence: 0.9674442

00:32:22.180 --> 00:32:24.655 My phone here so we could bring it on.

NOTE Confidence: 0.96529883

00:32:32.020 --> 00:32:34.540 Really wants us. There will shake

NOTE Confidence: 0.96529883

00:32:34.540 --> 00:32:37.456 out that leg. Mostly at the hip,

NOTE Confidence: 0.96529883

00:32:37.456 --> 00:32:39.526 giving some much needed lubrication.

NOTE Confidence: 0.9563216

00:32:42.270 --> 00:32:43.438 Same thing with me.

NOTE Confidence: 0.9774889

00:32:51.310 --> 00:32:51.620 Yeah.

NOTE Confidence: 0.80559987

00:32:59.310 --> 00:33:01.636 Read aloud to the side, hand

NOTE Confidence: 0.80559987

00:33:01.636 --> 00:33:03.180 the chair or counterbalancing.

NOTE Confidence: 0.9640079

00:33:07.130 --> 00:33:09.020 So balance strength and stamina.

NOTE Confidence: 0.95791894

00:33:12.680 --> 00:33:14.762 Then again, resting foot on the

NOTE Confidence: 0.95791894

00:33:14.762 --> 00:33:16.151 inside, pressing foot against

NOTE Confidence: 0.95791894

00:33:16.151 --> 00:33:18.580 leg opening up that me that him.

NOTE Confidence: 0.7703381

00:33:30.650 --> 00:33:32.630 Slowly release.

NOTE Confidence: 0.9789688

00:33:36.490 --> 00:33:40.130 You don't have to move your chair, OK?

NOTE Confidence: 0.9789688

00:33:40.130 --> 00:33:42.200 Here in front of my chair.

NOTE Confidence: 0.9789688

00:33:42.200 --> 00:33:43.420 And other far away.

NOTE Confidence: 0.9789688

00:33:43.420 --> 00:33:45.603 And then I'm going to cross the

NOTE Confidence: 0.9789688

00:33:45.603 --> 00:33:47.313 right leg over the left and

NOTE Confidence: 0.9789688

00:33:47.313 --> 00:33:49.434 this kind of work on those IT

NOTE Confidence: 0.9789688

00:33:49.434 --> 00:33:51.222 bands to keep the names down.

NOTE Confidence: 0.9789688

00:33:51.230 --> 00:33:52.735 Take your hands the chair

NOTE Confidence: 0.9789688

00:33:52.735 --> 00:33:54.240 and then start to fold.

NOTE Confidence: 0.97110707

00:33:56.720 --> 00:33:58.240 Their hands could rest in

NOTE Confidence: 0.97110707

00:33:58.240 --> 00:33:59.760 your body could rest down.

NOTE Confidence: 0.96447545

00:34:15.840 --> 00:34:16.728 When should I go?

NOTE Confidence: 0.92944694

00:34:20.600 --> 00:34:22.184 Pressing into the chair

NOTE Confidence: 0.92944694

00:34:22.184 --> 00:34:24.164 slowly come up and release.

NOTE Confidence: 0.9700362

00:34:26.230 --> 00:34:27.534 They'll do the same

NOTE Confidence: 0.9700362

00:34:27.534 --> 00:34:29.164 thing on the other side.

NOTE Confidence: 0.9700362  
00:34:29.170 --> 00:34:30.649 Feet close together.  
NOTE Confidence: 0.9700362  
00:34:30.649 --> 00:34:32.128 Left across right,  
NOTE Confidence: 0.9700362  
00:34:32.130 --> 00:34:34.240 badly needs there to fold.  
NOTE Confidence: 0.49809644  
00:34:59.760 --> 00:35:03.748 Slowly release. And then  
NOTE Confidence: 0.49809644  
00:35:03.748 --> 00:35:04.668 we're going to take our.  
NOTE Confidence: 0.9784056  
00:35:09.210 --> 00:35:11.538 Against the wall and secure we're  
NOTE Confidence: 0.9784056  
00:35:11.538 --> 00:35:13.510 gonna bring your hands down.  
NOTE Confidence: 0.9784056  
00:35:13.510 --> 00:35:15.046 Follow distancing or walking  
NOTE Confidence: 0.9784056  
00:35:15.046 --> 00:35:16.966 feedback him with distance apart.  
NOTE Confidence: 0.9784056  
00:35:16.970 --> 00:35:19.539 Make sure he'll go back or hips  
NOTE Confidence: 0.9784056  
00:35:19.539 --> 00:35:21.496 formatically heels and then stretching  
NOTE Confidence: 0.9784056  
00:35:21.496 --> 00:35:24.648 back with this pressure from side to side.  
NOTE Confidence: 0.9834384  
00:35:33.800 --> 00:35:35.448 Breathing and stretching then  
NOTE Confidence: 0.9834384  
00:35:35.448 --> 00:35:37.508 we're just gonna relax back.  
NOTE Confidence: 0.8350374  
00:35:58.760 --> 00:36:02.547 Slowly walking forward and ease and roll.  
NOTE Confidence: 0.9809795



00:36:12.050 --> 00:36:14.773 So what we're going to do with  
NOTE Confidence: 0.9809795

00:36:14.773 --> 00:36:17.160 the movement without the chair and  
NOTE Confidence: 0.9809795

00:36:17.160 --> 00:36:19.446 then all showed with the chair?  
NOTE Confidence: 0.9809795

00:36:19.450 --> 00:36:21.298 So it's going to be basically  
NOTE Confidence: 0.9809795

00:36:21.298 --> 00:36:22.540 bring your feet, hip,  
NOTE Confidence: 0.9809795

00:36:22.540 --> 00:36:23.470 width, distance, part,  
NOTE Confidence: 0.9809795

00:36:23.470 --> 00:36:25.630 so natural standing position for the body.  
NOTE Confidence: 0.9809795

00:36:25.630 --> 00:36:27.478 We're going to bend our knees,  
NOTE Confidence: 0.9809795

00:36:27.480 --> 00:36:29.748 fold the hips back, make sure the  
NOTE Confidence: 0.9809795

00:36:29.748 --> 00:36:32.449 lower back is relaxed groups or relax.  
NOTE Confidence: 0.9809795

00:36:32.450 --> 00:36:33.665 Shoulders are resting.  
NOTE Confidence: 0.9809795

00:36:33.665 --> 00:36:36.500 Over the hips and then we can  
NOTE Confidence: 0.9809795

00:36:36.582 --> 00:36:38.592 do our shift over to Brian  
NOTE Confidence: 0.9809795

00:36:38.592 --> 00:36:40.870 and come back to the center.  
NOTE Confidence: 0.9815672

00:36:42.980 --> 00:36:43.960 Come back to the side.  
NOTE Confidence: 0.9650491

00:36:51.520 --> 00:36:53.768 We're going to do on the inhale turn

NOTE Confidence: 0.9650491

00:36:53.768 --> 00:36:55.888 slide into right next to the center.

NOTE Confidence: 0.9797891

00:36:58.220 --> 00:37:00.304 Summer shifting and turning.

NOTE Confidence: 0.9797891

00:37:00.304 --> 00:37:02.590 Of course, we're looking in that

NOTE Confidence: 0.9797891

00:37:02.590 --> 00:37:04.140 direction, and first we're just

NOTE Confidence: 0.9797891

00:37:04.140 --> 00:37:06.000 keeping both feet on the ground.

NOTE Confidence: 0.901811

00:37:14.260 --> 00:37:15.960 And they were going to

NOTE Confidence: 0.901811

00:37:15.960 --> 00:37:17.660 come over to the right.

NOTE Confidence: 0.901811

00:37:17.660 --> 00:37:19.706 Just bend left knee lift up

NOTE Confidence: 0.901811

00:37:19.706 --> 00:37:21.472 Alexis coming over to left

NOTE Confidence: 0.901811

00:37:21.472 --> 00:37:23.097 and the right and left.

NOTE Confidence: 0.9691783

00:37:36.160 --> 00:37:37.720 We're gonna lift that leg up.

NOTE Confidence: 0.96931213

00:37:40.340 --> 00:37:42.279 Read up for balance and then release.

NOTE Confidence: 0.98582065

00:37:56.360 --> 00:38:01.186 The same. Yeah. First,

NOTE Confidence: 0.98582065

00:38:01.186 --> 00:38:03.366 resting both hands on it.

NOTE Confidence: 0.98582065

00:38:03.370 --> 00:38:05.737 And then as we go over to the riot,

NOTE Confidence: 0.98582065

00:38:05.740 --> 00:38:06.788 released the right hand,  
NOTE Confidence: 0.98582065

00:38:06.788 --> 00:38:08.098 and then as we called,  
NOTE Confidence: 0.98582065

00:38:08.100 --> 00:38:11.500 flow at least left him. Turning.  
NOTE Confidence: 0.9717677

00:38:13.690 --> 00:38:16.264 We need that support will not  
NOTE Confidence: 0.9717677

00:38:16.264 --> 00:38:18.600 leaving into the Chair so. Love.  
NOTE Confidence: 0.97384524

00:38:27.180 --> 00:38:30.100 Left foot on the left. The most.  
NOTE Confidence: 0.97009397

00:38:42.310 --> 00:38:43.690 And then we're going to work  
NOTE Confidence: 0.97009397

00:38:43.690 --> 00:38:44.960 our way around the chair.  
NOTE Confidence: 0.97009397

00:38:44.960 --> 00:38:47.683 So we're going to work our way  
NOTE Confidence: 0.97009397

00:38:47.683 --> 00:38:49.699 into position around the chair.  
NOTE Confidence: 0.97009397

00:38:49.700 --> 00:38:50.800 Beautiful chair.  
NOTE Confidence: 0.9802869

00:38:53.960 --> 00:38:56.120 So we're going to come over to the  
NOTE Confidence: 0.9802869

00:38:56.120 --> 00:38:58.190 right lift the left foot up and  
NOTE Confidence: 0.9802869

00:38:58.190 --> 00:39:00.002 bring it in slightly forward and  
NOTE Confidence: 0.9802869

00:39:00.002 --> 00:39:01.694 laugh like the right foot down  
NOTE Confidence: 0.9802869

00:39:01.694 --> 00:39:04.289 and bring it out slightly. Or

NOTE Confidence: 0.9833652  
00:39:11.590 --> 00:39:13.738 eventually clear the chair.  
NOTE Confidence: 0.87284297  
00:39:15.790 --> 00:39:18.079 As we move over to the right,  
NOTE Confidence: 0.87284297  
00:39:18.080 --> 00:39:19.388 we're gonna ban left.  
NOTE Confidence: 0.98755026  
00:39:23.500 --> 00:39:23.790 Right?  
NOTE Confidence: 0.9649526  
00:39:25.970 --> 00:39:28.220 And the same thing over  
NOTE Confidence: 0.9649526  
00:39:28.220 --> 00:39:30.470 and bring the foot forward.  
NOTE Confidence: 0.9649526  
00:39:30.470 --> 00:39:32.406 And then left and bring the first floor.  
NOTE Confidence: 0.9716911  
00:39:35.440 --> 00:39:37.672 Now we're going to move over to the right,  
NOTE Confidence: 0.9716911  
00:39:37.680 --> 00:39:40.420 putting the left foot out. Over to  
NOTE Confidence: 0.9716911  
00:39:40.420 --> 00:39:43.300 the left and bring the right for them.  
NOTE Confidence: 0.9716911  
00:39:43.300 --> 00:39:45.820 So the same methodology but moving across.  
NOTE Confidence: 0.9829062  
00:39:48.100 --> 00:39:50.710 So spatial orientation.  
NOTE Confidence: 0.9750741  
00:39:54.200 --> 00:39:55.784 If you have to move around  
NOTE Confidence: 0.9750741  
00:39:55.784 --> 00:39:57.199 something which all times we do.  
NOTE Confidence: 0.97394484  
00:40:02.540 --> 00:40:03.620 We cleared the chair.  
NOTE Confidence: 0.97394484

00:40:03.620 --> 00:40:05.600 We move over to the last week.  
NOTE Confidence: 0.9637981

00:40:08.020 --> 00:40:10.952 He'll come down come over. And then  
NOTE Confidence: 0.9637981

00:40:10.952 --> 00:40:13.040 move over to move the left with that.  
NOTE Confidence: 0.980922

00:40:15.260 --> 00:40:16.468 Feeling the same thing,  
NOTE Confidence: 0.980922

00:40:16.468 --> 00:40:17.978 moved the right foot back.  
NOTE Confidence: 0.980922

00:40:17.980 --> 00:40:20.550 We needed the chairs there.  
NOTE Confidence: 0.980922

00:40:20.550 --> 00:40:21.800 Move the left foot back.  
NOTE Confidence: 0.9758587

00:40:24.100 --> 00:40:26.284 We clear the chair will come over to  
NOTE Confidence: 0.9758587

00:40:26.284 --> 00:40:28.497 the right and bring the left foot in.  
NOTE Confidence: 0.9758587

00:40:28.500 --> 00:40:29.880 Come over to left, right.  
NOTE Confidence: 0.96481544

00:40:35.940 --> 00:40:38.796 Until we come back to the chair itself.  
NOTE Confidence: 0.9733499

00:40:44.220 --> 00:40:45.852 Moving in with free standing and  
NOTE Confidence: 0.9733499

00:40:45.852 --> 00:40:47.639 I think we've done this before.  
NOTE Confidence: 0.9733499

00:40:47.640 --> 00:40:50.205 OK, but if we have it, I'm going to  
NOTE Confidence: 0.9733499

00:40:50.205 --> 00:40:52.200 show you with all the chair first,  
NOTE Confidence: 0.9733499

00:40:52.200 --> 00:40:54.447 then I'll show you with this year

NOTE Confidence: 0.9733499

00:40:54.447 --> 00:40:56.763 it's not working under knees and then

NOTE Confidence: 0.9733499

00:40:56.763 --> 00:40:59.062 we're going to move our hands and

NOTE Confidence: 0.9733499

00:40:59.062 --> 00:41:01.197 body back toward the heels on him.

NOTE Confidence: 0.9733499

00:41:01.200 --> 00:41:04.140 And on the exhale released.

NOTE Confidence: 0.9733499

00:41:04.140 --> 00:41:08.280 Do that again. For the heels.

NOTE Confidence: 0.9733499

00:41:08.280 --> 00:41:11.076 And then back toward the center.

NOTE Confidence: 0.9733499

00:41:11.080 --> 00:41:18.550 Inhale. NEXL at the end he'll

NOTE Confidence: 0.9733499

00:41:18.550 --> 00:41:20.860 and exhale and then we'll add

NOTE Confidence: 0.9733499

00:41:20.860 --> 00:41:23.196 another movement and it's on the

NOTE Confidence: 0.9733499

00:41:23.196 --> 00:41:24.996 inhale back toward the heels.

NOTE Confidence: 0.9733499

00:41:25.000 --> 00:41:27.821 Exhale to the center in Hill forward

NOTE Confidence: 0.9733499

00:41:27.821 --> 00:41:30.569 toward the toes and balls of feet

NOTE Confidence: 0.9733499

00:41:30.569 --> 00:41:32.753 and exhale back to the store.

NOTE Confidence: 0.9863703

00:41:35.710 --> 00:41:41.538 Back in helping hands and body move

NOTE Confidence: 0.9863703

00:41:41.538 --> 00:41:44.370 forward slightly and expelled after.

NOTE Confidence: 0.9863703

00:41:44.370 --> 00:41:48.240 Inhaling? And exhale.  
NOTE Confidence: 0.9863703

00:41:48.240 --> 00:41:52.056 And and handling. And next time.  
NOTE Confidence: 0.9863703

00:41:52.060 --> 00:41:54.272 We're going to add one other movement  
NOTE Confidence: 0.9863703

00:41:54.272 --> 00:41:56.608 to this so three part movement.  
NOTE Confidence: 0.9863703

00:41:56.610 --> 00:41:59.990 Inhale back toward your heels.  
NOTE Confidence: 0.9863703

00:41:59.990 --> 00:42:02.090 And still to this number.  
NOTE Confidence: 0.9863703

00:42:02.090 --> 00:42:05.600 And held war that owns.  
NOTE Confidence: 0.9863703

00:42:05.600 --> 00:42:10.706 XL back to center. In him bill.  
NOTE Confidence: 0.9863703

00:42:10.706 --> 00:42:13.022 Exhale back to center in hilt  
NOTE Confidence: 0.9863703

00:42:13.022 --> 00:42:15.500 or the Post Falls in favor.  
NOTE Confidence: 0.9863703

00:42:15.500 --> 00:42:17.655 Stretch forward. You move those  
NOTE Confidence: 0.9863703

00:42:17.655 --> 00:42:20.749 hips back and then back to the sun.  
NOTE Confidence: 0.9863703

00:42:20.750 --> 00:42:23.339 They will continue.  
NOTE Confidence: 0.9863703

00:42:23.340 --> 00:42:24.966 Toward the hills.  
NOTE Confidence: 0.9863703

00:42:24.966 --> 00:42:27.676 X feeling toward the center.  
NOTE Confidence: 0.9863703

00:42:27.680 --> 00:42:29.772 Inhaling toward the balls

NOTE Confidence: 0.9863703

00:42:29.772 --> 00:42:31.864 and toes clean until.

NOTE Confidence: 0.9863703

00:42:31.870 --> 00:42:34.026 Ask him back to stop so fine.

NOTE Confidence: 0.89133849

00:42:36.790 --> 00:42:39.862 Toward the heel. Exhale to 7

NOTE Confidence: 0.89133849

00:42:39.862 --> 00:42:43.400 in hilt war feet land Hilton,

NOTE Confidence: 0.89133849

00:42:43.400 --> 00:42:47.528 then exhale back. And every new one.

NOTE Confidence: 0.97664225

00:42:55.420 --> 00:42:56.128 So I'm gonna.

NOTE Confidence: 0.97496724

00:42:58.670 --> 00:43:00.707 I want to step away until I

NOTE Confidence: 0.97496724

00:43:00.707 --> 00:43:02.328 feel that my shoulders were

NOTE Confidence: 0.97496724

00:43:02.328 --> 00:43:05.008 both my hips in my arms or mom.

NOTE Confidence: 0.97496724

00:43:05.010 --> 00:43:08.762 Longer release OK. So from here you

NOTE Confidence: 0.97496724

00:43:08.762 --> 00:43:12.518 bring my hands to the chair again.

NOTE Confidence: 0.97496724

00:43:12.520 --> 00:43:15.286 Inhale body back toward the heels,

NOTE Confidence: 0.97496724

00:43:15.290 --> 00:43:18.446 exhale, release. In the whole body,

NOTE Confidence: 0.97496724

00:43:18.450 --> 00:43:20.748 forward toward the toes, exhale release.

NOTE Confidence: 0.96790785

00:43:23.170 --> 00:43:26.360 Or the Healds XL release.

NOTE Confidence: 0.96790785



00:43:26.360 --> 00:43:28.920 And we will forward through  
NOTE Confidence: 0.96790785

00:43:28.920 --> 00:43:30.968 the tools Next Everly.  
NOTE Confidence: 0.96790785

00:43:30.970 --> 00:43:33.830 Lean and tilt inhale back.  
NOTE Confidence: 0.96790785

00:43:33.830 --> 00:43:36.400 Exhale release until 4 leave  
NOTE Confidence: 0.96790785

00:43:36.400 --> 00:43:38.456 until sending those hips.  
NOTE Confidence: 0.9809851

00:43:41.070 --> 00:43:45.750 This summer wore those heels.  
NOTE Confidence: 0.9809851

00:43:45.750 --> 00:43:47.550 Failed to send an email  
NOTE Confidence: 0.9809851

00:43:47.550 --> 00:43:48.990 forward leading tilt again.  
NOTE Confidence: 0.9809851

00:43:48.990 --> 00:43:51.150 We're not pressing into the chair.  
NOTE Confidence: 0.9809851

00:43:51.150 --> 00:43:52.935 Were just utilized the fingers  
NOTE Confidence: 0.9809851

00:43:52.935 --> 00:43:55.469 lightly on it one more time back.  
NOTE Confidence: 0.9060392333333333

00:43:57.570 --> 00:44:00.290 More more time forward.  
NOTE Confidence: 0.9060392333333333

00:44:00.290 --> 00:44:03.690 Former client to leave until.  
NOTE Confidence: 0.9060392333333333

00:44:03.690 --> 00:44:07.095 One more time. To make our  
NOTE Confidence: 0.9060392333333333

00:44:07.095 --> 00:44:09.525 way over to the side again.  
NOTE Confidence: 0.9060392333333333

00:44:09.530 --> 00:44:12.908 One side so we could release.

NOTE Confidence: 0.9060392333333333  
00:44:12.910 --> 00:44:14.080 Even sidestep  
NOTE Confidence: 0.9815943  
00:44:20.800 --> 00:44:23.082 now, we're gonna do an exercise where  
NOTE Confidence: 0.9815943  
00:44:23.082 --> 00:44:25.248 I'm gonna utilize the cheer slightly.  
NOTE Confidence: 0.9815943  
00:44:25.250 --> 00:44:27.746 I'm also going to show you freestyle so  
NOTE Confidence: 0.9815943  
00:44:27.746 --> 00:44:30.029 we're gonna use that same methodology.  
NOTE Confidence: 0.9815943  
00:44:30.030 --> 00:44:32.319 So watch first.  
NOTE Confidence: 0.9815943  
00:44:32.320 --> 00:44:35.596 I'm gonna inhale back toward the heels.  
NOTE Confidence: 0.9815943  
00:44:35.600 --> 00:44:39.888 I'm gonna exhale release to the center no.  
NOTE Confidence: 0.9815943  
00:44:39.890 --> 00:44:42.680 I'm going to go forward in  
NOTE Confidence: 0.9815943  
00:44:42.680 --> 00:44:45.170 the tour there and then.  
NOTE Confidence: 0.9815943  
00:44:45.170 --> 00:44:48.500 Staff. With my arms coming up  
NOTE Confidence: 0.9815943  
00:44:48.500 --> 00:44:51.630 and then or release though.  
NOTE Confidence: 0.9815943  
00:44:51.630 --> 00:44:53.890 Push forward.  
NOTE Confidence: 0.9815943  
00:44:53.890 --> 00:44:55.888 If I were utilizing the chair,  
NOTE Confidence: 0.9815943  
00:44:55.890 --> 00:44:58.774 I would be same methodology here and  
NOTE Confidence: 0.9815943

00:44:58.774 --> 00:45:02.284 make sure that I have sent back with  
NOTE Confidence: 0.9815943

00:45:02.284 --> 00:45:04.469 my fingers extended for release.  
NOTE Confidence: 0.9815943

00:45:04.470 --> 00:45:06.278 Totally heels exhale release.  
NOTE Confidence: 0.9815943

00:45:06.278 --> 00:45:09.464 Is there any land until and then  
NOTE Confidence: 0.9815943

00:45:09.464 --> 00:45:11.780 exhale one hand on the chair.  
NOTE Confidence: 0.9815943

00:45:11.780 --> 00:45:15.340 When I stepped foot forward.  
NOTE Confidence: 0.9815943

00:45:15.340 --> 00:45:17.878 So we can do it on the right side,  
NOTE Confidence: 0.9815943

00:45:17.880 --> 00:45:19.205 left side and then we'll  
NOTE Confidence: 0.9815943

00:45:19.205 --> 00:45:20.980 do it free of the chair,  
NOTE Confidence: 0.9815943

00:45:20.980 --> 00:45:23.236 and then we'll do some cool down right?  
NOTE Confidence: 0.9815943

00:45:23.240 --> 00:45:25.207 So I know it's a lot today,  
NOTE Confidence: 0.9815943

00:45:25.210 --> 00:45:27.466 but it's a beautiful day to be exercising.  
NOTE Confidence: 0.9815943

00:45:27.470 --> 00:45:29.718 Thank you for joining with me so well.  
NOTE Confidence: 0.94187784

00:45:32.300 --> 00:45:34.970 Inhale back for the hills.  
NOTE Confidence: 0.94187784

00:45:34.970 --> 00:45:39.116 And filter release inhale lean tilt.  
NOTE Confidence: 0.94187784

00:45:39.120 --> 00:45:41.952 Step the right foot forward and

NOTE Confidence: 0.94187784  
00:45:41.952 --> 00:45:44.088 then release. The Walking Dead.  
NOTE Confidence: 0.9687995  
00:45:46.120 --> 00:45:46.760 Then again.  
NOTE Confidence: 0.7725578  
00:45:48.860 --> 00:45:51.665 Email we come back for  
NOTE Confidence: 0.7725578  
00:45:51.665 --> 00:45:53.909 the hills exhale release.  
NOTE Confidence: 0.7725578  
00:45:53.910 --> 00:45:55.251 You know, fortunately,  
NOTE Confidence: 0.7725578  
00:45:55.251 --> 00:45:57.039 until left foot forearm.  
NOTE Confidence: 0.7725578  
00:45:57.040 --> 00:45:58.828 Oh, and then excellent.  
NOTE Confidence: 0.9846039  
00:46:03.560 --> 00:46:04.000 Yeah.  
NOTE Confidence: 0.963929778571428  
00:46:08.670 --> 00:46:11.897 Or the hills? XL release and then  
NOTE Confidence: 0.963929778571428  
00:46:11.897 --> 00:46:15.079 lean until arms up with the staff.  
NOTE Confidence: 0.9859982  
00:46:17.320 --> 00:46:19.424 Movies. Someone?  
NOTE Confidence: 0.9859982  
00:46:19.424 --> 00:46:22.808 They held out for the heels.  
NOTE Confidence: 0.9859982  
00:46:22.810 --> 00:46:25.519 Thanks Hill truly.  
NOTE Confidence: 0.9859982  
00:46:25.520 --> 00:46:28.168 Until left foot forward.  
NOTE Confidence: 0.9881801  
00:46:30.290 --> 00:46:31.958 Do that one more time stop.  
NOTE Confidence: 0.938347

00:46:36.070 --> 00:46:38.848 Going back toward videos XL Charlie.

NOTE Confidence: 0.9816332

00:46:41.070 --> 00:46:41.600 Come up.

NOTE Confidence: 0.9771666

00:46:43.950 --> 00:46:44.440 Movies.

NOTE Confidence: 0.9541732

00:46:47.580 --> 00:46:48.380 Your heels?

NOTE Confidence: 0.98642886

00:46:52.160 --> 00:46:57.904 Until left accident. You are

NOTE Confidence: 0.98642886

00:46:57.904 --> 00:46:59.339 shifting to the chair again.

NOTE Confidence: 0.98402244

00:47:07.130 --> 00:47:08.810 And we were going to do that

NOTE Confidence: 0.98402244

00:47:08.810 --> 00:47:10.130 methodology that we did before.

NOTE Confidence: 0.98223037

00:47:14.020 --> 00:47:15.268 Once we talked in the chair.

NOTE Confidence: 0.9745251

00:47:20.470 --> 00:47:22.577 Now let's do or cool down exercise,

NOTE Confidence: 0.9745251

00:47:22.580 --> 00:47:24.694 so we'll come back toward the chair.

NOTE Confidence: 0.9745251

00:47:24.700 --> 00:47:27.616 So we're fully on the chair.

NOTE Confidence: 0.9745251

00:47:27.620 --> 00:47:29.293 We're going to make sure that the

NOTE Confidence: 0.9745251

00:47:29.293 --> 00:47:30.828 hips are resting toward the back,

NOTE Confidence: 0.9745251

00:47:30.830 --> 00:47:33.044 but the upper body is free of the chair,

NOTE Confidence: 0.9745251

00:47:33.050 --> 00:47:34.779 and then we can close our eyes.

NOTE Confidence: 0.98382294

00:47:37.370 --> 00:47:39.290 Good, we're going to start to

NOTE Confidence: 0.98382294

00:47:39.290 --> 00:47:41.330 rest the hips and shoulders,

NOTE Confidence: 0.98382294

00:47:41.330 --> 00:47:45.138 feet and legs, arms keeping the head up.

NOTE Confidence: 0.98382294

00:47:45.140 --> 00:47:47.150 Close your eyes, relax your

NOTE Confidence: 0.98382294

00:47:47.150 --> 00:47:49.071 face and jaw. Part your lips,

NOTE Confidence: 0.98382294

00:47:49.071 --> 00:47:50.730 wet them with the dog and swelling.

NOTE Confidence: 0.97664005

00:47:54.670 --> 00:47:56.670 If you're breathing in and

NOTE Confidence: 0.97664005

00:47:56.670 --> 00:47:58.670 out here nostrils notice the

NOTE Confidence: 0.97664005

00:47:58.744 --> 00:48:01.069 breath coming into the nostrils

NOTE Confidence: 0.97664005

00:48:01.069 --> 00:48:03.394 coming out through the nostrils.

NOTE Confidence: 0.97664005

00:48:03.400 --> 00:48:04.852 If you're breathing differently

NOTE Confidence: 0.97664005

00:48:04.852 --> 00:48:06.726 because of any situation, then.

NOTE Confidence: 0.97664005

00:48:06.726 --> 00:48:08.390 Just feel that bro.

NOTE Confidence: 0.9732356

00:48:11.660 --> 00:48:13.516 Relax and feel resting,

NOTE Confidence: 0.9732356

00:48:13.516 --> 00:48:15.360 breath, rising and falling.

NOTE Confidence: 0.8682424

00:48:20.640 --> 00:48:22.161 Bring your awareness,  
NOTE Confidence: 0.8682424

00:48:22.161 --> 00:48:25.542 the space that have launched, relax,  
NOTE Confidence: 0.8682424

00:48:25.542 --> 00:48:28.910 become very clear interested.  
NOTE Confidence: 0.8682424

00:48:28.910 --> 00:48:31.065 As if each breath were  
NOTE Confidence: 0.8682424

00:48:31.065 --> 00:48:32.358 revitalizing that space.  
NOTE Confidence: 0.83381706

00:48:35.490 --> 00:48:37.266 Opening it on the inhale and  
NOTE Confidence: 0.83381706

00:48:37.266 --> 00:48:38.960 clearing it on the exhale.  
NOTE Confidence: 0.92365295

00:48:53.340 --> 00:48:56.462 Bring your awareness to throat feel the  
NOTE Confidence: 0.92365295

00:48:56.462 --> 00:48:59.469 inhale opening into that space of throat.  
NOTE Confidence: 0.92365295

00:48:59.470 --> 00:49:03.040 XL releasing as if you're clearing that.  
NOTE Confidence: 0.92365295

00:49:03.040 --> 00:49:04.879 Passageway of speech.  
NOTE Confidence: 0.9027189

00:49:07.340 --> 00:49:09.650 Of how you speak and communicate.  
NOTE Confidence: 0.96962506

00:49:14.220 --> 00:49:16.188 Revitalizing that space.  
NOTE Confidence: 0.9607058

00:49:21.920 --> 00:49:25.910 In awareness, the chest, lungs, heart.  
NOTE Confidence: 0.97237796

00:49:28.810 --> 00:49:30.740 Feel the breath expanding into  
NOTE Confidence: 0.97237796

00:49:30.740 --> 00:49:32.670 that space in the breath,

NOTE Confidence: 0.97237796  
00:49:32.670 --> 00:49:34.210 releasing from that space.  
NOTE Confidence: 0.97237796  
00:49:34.210 --> 00:49:35.365 Clearing in fencing.  
NOTE Confidence: 0.87292737  
00:49:46.330 --> 00:49:48.976 Finally, into the belly of an evil.  
NOTE Confidence: 0.95135665  
00:49:51.880 --> 00:49:54.070 Feel the breath moving into that  
NOTE Confidence: 0.95135665  
00:49:54.070 --> 00:49:56.730 space and now we know that nice,  
NOTE Confidence: 0.95135665  
00:49:56.730 --> 00:49:57.846 relaxed full diaphragmatic  
NOTE Confidence: 0.95135665  
00:49:57.846 --> 00:49:59.334 breath full body breath.  
NOTE Confidence: 0.9575438  
00:50:03.030 --> 00:50:06.714 Managing the entire body and mind  
NOTE Confidence: 0.9575438  
00:50:06.714 --> 00:50:08.560 revitalizing, restoring, centering.  
NOTE Confidence: 0.90850234  
00:50:17.710 --> 00:50:20.902 I'm just gonna send some quality of mind  
NOTE Confidence: 0.90850234  
00:50:20.902 --> 00:50:24.310 and body and breath right now after the.  
NOTE Confidence: 0.90850234  
00:50:24.310 --> 00:50:27.366 Work you put in to this space today.  
NOTE Confidence: 0.91636765  
00:50:31.030 --> 00:50:32.650 Again, each breath allowing  
NOTE Confidence: 0.91636765  
00:50:32.650 --> 00:50:34.270 health and well being.  
NOTE Confidence: 0.9889759  
00:50:38.150 --> 00:50:39.929 Restoring and nurturing.  
NOTE Confidence: 0.95223004



00:50:53.520 --> 00:50:55.470 And will slowly open your eyes.

NOTE Confidence: 0.985007

00:50:57.490 --> 00:50:59.345 Thank you so much for coming out.

NOTE Confidence: 0.985007

00:50:59.350 --> 00:51:01.060 Please do let your friends

NOTE Confidence: 0.985007

00:51:01.060 --> 00:51:02.428 know about the class.

NOTE Confidence: 0.985007

00:51:02.430 --> 00:51:04.350 Any feedback is welcome.

NOTE Confidence: 0.985007

00:51:04.350 --> 00:51:09.249 And I also do the Qigong entire G class on

NOTE Confidence: 0.985007

00:51:09.249 --> 00:51:13.110 Thursdays at two and on Mondays at three.

NOTE Confidence: 0.985007

00:51:13.110 --> 00:51:16.659 So have yourself a great day and.

NOTE Confidence: 0.985007

00:51:16.660 --> 00:51:18.180 Easy rest of the week.

NOTE Confidence: 0.985007

00:51:18.180 --> 00:51:19.700 Enjoy this beautiful summer and

NOTE Confidence: 0.985007

00:51:19.700 --> 00:51:21.856 thank you so much for attending.