

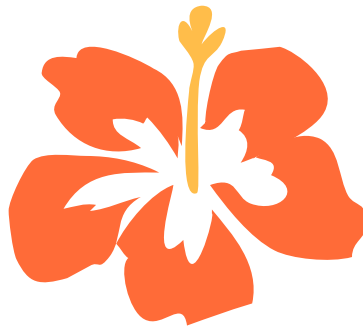
10 EXERCISES OF MIND, BODY BALANCE FOR MENTAL HEALTH. PART 2



Shape Your Body, Shape Your Mind

Anyday, Anytime, Anywhere.....

Close Your Eyes, Breathe Deeply, Look
Within & Choose what you need for you
RIGHT NOW



Please Note: All the poses in this section are in order to heat the core body temperature and preparing for the strengthening, lengthening, co-ordination, breathing, core stability and engagement and movement of Pilates.



Exercise 7:

**Warrior 1 (Virabhadrasana) and Lunge.
Body and Balance Mind/Body/Strength,
Coordination and Balance**



Aim: To open the chest and increase deeper breathing.

It also increases body and mind awareness and stimulates the central nervous system.

The lunges strengthen the muscles of the legs while increasing the heart rate, through use of the largest muscles in the body being the quadriceps.

It is a balance, strength and stamina pose for body, mind and endurance, to cope with anything you are up against.



Breathing: Nasal/Mouth

- From the end of the mat step right leg back, keep your legs and feet parallel. Your arms lengthened down the side of the body and drop your shoulders down.
- Inhale, lift the right heel and as you exhale lower the right heel to stretch, strengthen and align the legs.
- Inhale again and on the exhale, lower to a lunge, raising the arms to ear level. Remember to keep the left knee above the toes and right knee towards the floor.



If there is knee pain modify by decreasing the bend.

- Repeat 3-5 times and on the last exhale hold and either pulse for 3 counts or hold for 3 counts, depending on your knee condition.

Watch Points: Keep your knee over toe for lunge, crown of your head to ceiling, arms lengthened at ear level, drop shoulders down to shoulder blades.

Contraindications: Knee issues, shoulder issues, balance issues.



Exercise 8:

Preparation into/and Left/Right Brain Balance



Aim: To aid physical and mental balance by utilising left/right brain integration and balancing the analytical with the creative, which is much needed to balance body and mind.

In Yoga there is a breathing pattern done by breathing through alternate nostrils (alternate nostril breathing) where breathing through the left nostril balances the right side of the brain and vice versa.

It has a very calming effect on the body and mind.



The above physical exercise aids the mind in moving the body and by turning the head while balancing. This also helps to provide more blood supply to the brain, while aiding physical balance.

I have had this as part of my teaching method for 30 + years. Clients have noted that as they age, their balance, compared to their partners or friend's balance who do not do this exercise, is far better.

Testimonial "I have been doing this exercise in Jill's classes for 14 years now.

My balance physically & mentally compared to others my age is far better."

Ann A. (70 years) Manly, Sydney.



Breathing: Inhale through the nose and on the exhale through the mouth. Take the arms out at shoulder level and draw the abdominals in to 50-70%, which will also aid balance and focus.

Watch Points: Standing tall, crown of your head to ceiling, leg straightened but knees not locked. Soften knee of extended leg if difficult to hold straight.

Eye focus e.g. spot on the wall.

Eye focused along arm as head is turned or find a spot on left/right side of the room.



Contraindications: Neck, shoulder, hip, knee issues.

- Raise the right knee at hip level for a balance. Extend the leg with a flexed foot for 3 counts (this is balance and focus).

Find a point on the wall in front to help with focus.

- Then hold the right knee with the right hand and take out to the right while turning your head to the left on the breath out.
- Return and repeat another 2 times for left/right brain balancing



- Repeat the entire exercise on the other side.
- Modifications. The foot of either side can be lowered to the floor. if it is not possible to extend the leg or open the hip, just turn your head from side to side.



Exercise 9:

Pilates Leg Pull Prone (Strength Work)



Aim: This exercise challenges the ability to maintain neutral spine in a lengthened box shape.

It strengthens shoulders, weak back muscles, core muscles and challenges shoulder blade stability.

Can be done from a modified to an advanced level. The picture above is advanced, so can be done from the all 4's position and will still maintain a strong body and balanced mind.

Breathing: Inhale through the nose and on the exhale through the mouth raise one leg.



Watch Points: If in plank, perfect plank with shoulder blade stability, lengthened spine, core muscles switched on. If back and abdominals are weak this must be done on all 4's. If wrists are weak can be done on elbows to mat.

Contraindications: Pelvic instability. Osteoporosis. Carpel Tunnel.

- From the Roll Down to Inverted V continue walking to plank.

This can be a high plank with legs straight, bent to knee level, plank on forearms and legs extended or on knees.



- Making sure arms are under shoulders and the spine and shoulder blades are neutral.

Lengthen from tailbone to crown of your head.

- Draw in abdominals and engage your core without squeezing buttocks.
- Inhale and on the exhale lift one leg off the mat, flexed or pointed foot. Small pulse, 3 times.
- Drop down to spine stretch if required or change legs and repeat the same action.



Exercise 10:

Rod Pose (Dandasana)



Aim: This pose is the bases of all forward poses in Yoga. It is also the base of the Spine Twist in Pilates so they can be fused together. This is wonderful for posture through the lengthening of the spine and promotes lower back strength and releases lower back tension.

It also promotes deep breathing. This can also be done against a wall for support with knees softened if there is lower back pain or injury.

Will help keep the spine long and balanced, plus standing tall will help gain confidence if you are feeling stressed or unsure of a situation.



Breathing: Inhale and Exhale through the nose.

Watch Points: Sitting right up on sit bones, legs straight (if possible), spine lengthened, crown of head to ceiling.

Contraindications: Lower back pain, muscle cramping in the legs.

- Sitting on the mat, stretch the legs out hip width apart and flexed feet.
- Sit right up on the bones of the bottom either by pulling out the fleshy part of the buttocks or rolling the mat slightly to help lengthen the spine.



- Place the hands on the floor beside the hips with fingers facing forward.
- Relax the shoulders and lengthen the spine sitting tall.
- Draw the shoulder blades down the back and open the chest.
- Inhale through the nose and notice your chest and ribcage expand, exhale through the nose and notice your chest and ribcage contract.



Yoga Nidra

To finish is the total Mind/Body/Balance
Exercise to complete this series.

To create what you wish. While in Yoga
Nidra think of your intention (peace of
mind, more love, people supporting you
etc) "Say it, See it, Feel it.....make it
Happen"© JHQ



Yoga Nidra is described as the waking sleep, as it can take the participant to a state of conscious deep sleep.

It is a systematic method of inducing complete physical, emotional and mental relaxation. The practitioner appears to be sleeping but the unconscious mind is functioning at a deeper level. It is sleep with deep awareness.

In normal sleep we lose track of our self, but in Yoga Nidra, while consciousness of the world is dim and relaxation is deep, there remains an inward feeling of lucidity and the experience may be absorbed and even recalled after.



The scientific studies have shown that people who practise Yoga Nidra experience better sleep generally, are more productive, more creative and are less stressed.

In a classic Yoga Nidra practice, the practitioner lies on a mat/floor on their back with arms away from the body and palms turned upwards. In Yoga terminology, this is called Shavasana or corpse pose.

Feet should be separated to approximately hip width apart, and toes falling outwards. Eyes remain closed throughout and adding a lavender pillow over the eyes will aid the sense of complete relaxation.



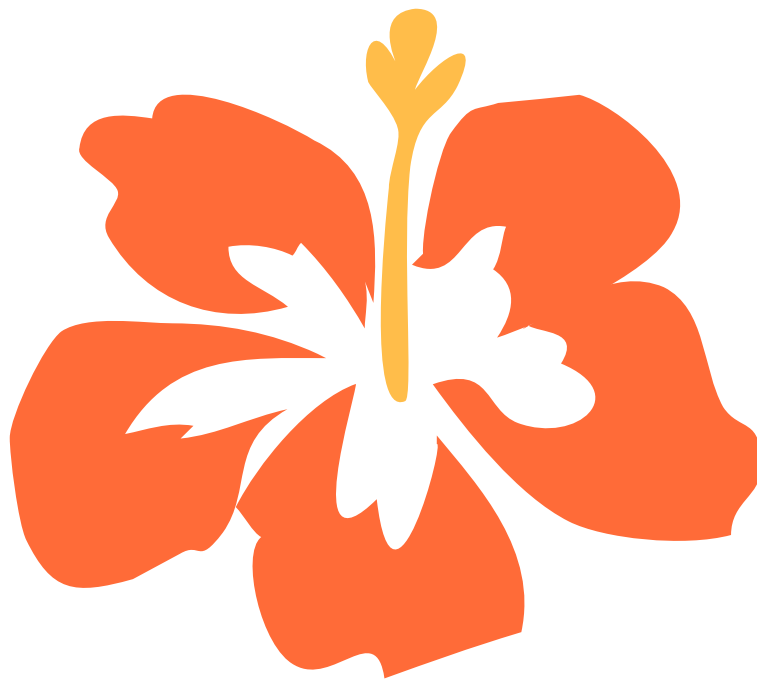
It is best if the body is lying symmetrically. A good way to do this is to imagine a centre line running from the soles of the feet to the crown of the head.

This position is said to aid relaxation, influences consciousness and prepares the mind/body for complete relaxation and letting go. It is also said it will balance the flow of life force or Chi throughout the body.

Sessions can run from as little as 10 minutes to an hour or more as the different parts of the body relax.



If the practitioner has any back issues taking legs to bent knees or putting a bolster under the knees will relieve any discomfort.



**This Ebook is a collaboration between Jill Healy-
Quintard, Yoga Teacher at bodyandbalance
& Global Healing Exchange**

