

Movement Guide

Somatics

PURPOSE: To awaken body awareness through gentle, intuitive movement that reconnects mind and body before structured work begins.

Ankle & Wrist Rolls → Mobilizes distal joints, brings awareness to circular range of motion, loosens fascia.

Head & Neck Rolls → Slow, mindful rolling restores fluidity to cervical spine, often releasing jaw/shoulder tension.

Seated Arm Lifts → Done slowly with breath, builds awareness of shoulder girdle, scapula glide, and ribcage expansion.

Seated Twist → A gentle spinal rotation, awareness-based rather than forceful.

Somatic Seated Cat-Cow → Micro-mobilization of spine with slow waves, cultivating spinal awareness.

Shoulder Circles → Releases habitual upper body tension, integrates shoulder, chest, and breath.

Sufi Grinds → These slow, circular movements of the spine retrain the body out of rigidity and into fluid, wave-like mobility. By moving the pelvis and spine together, Sufi Grinds hydrate the spinal fascia, release tension along the entire back line, and improve the nervous system's sense of spinal freedom and coordination. They also down-regulate the stress response by pairing movement with rhythmic breath.

Rock The Baby → Gently cradling and rocking the leg (like rocking a baby) creates micromovements in the hip joint, which helps release chronic holding in the glutes, piriformis, and deep rotators. The rocking stimulates sensory pathways, reminding the nervous system that the hip can move freely, which reduces guarding and tension.

Awareness Cue: "Notice the wave of release as the hip joint softens and the glutes let go."

Awareness Cue: "Feel your spine move like water, rediscovering curves and flow where there may have been stiffness."

Somatic All 4s Cat-Cow → Micro-mobilization of spine with slow waves, cultivating spinal awareness.

Thread The Needle → Releases tension in the shoulders, upper back, and spine while cultivating mindful awareness of movement. It emphasizes sensation over stretch, inviting ease and fluidity.

Reclined Pyramid: With Supine Pelvic Tilts (Arch & Flatten) → Brings awareness to lumbar curve and pelvic positioning.

Foot Slides → Gentle re-education of hip mobility and core connection while noticing weight shifts.

Somatic Dynamic Bridge → Slow waves, cultivating spinal awareness.

Somatic Wide Wipers with Breath → Very slow side-to-side lower body rotations to awaken lumbar and sacral mobility.

Pandiculation → The quintessential somatic reset: contraction + slow release to reprogram muscle tone.

Activation 1 Minute

PURPOSE: Activation: To prepare the neuromuscular system by engaging key stabilizers, cellular release, and igniting core energy for safe, efficient movement.

Arms Up and Down

- Stand tall, feet hip-width apart, knees soft
- Bend slightly forward
- Inhale as you sweep your arms overhead, lengthening through your spine
- Exhale as you lower your arms by your sides, softening your shoulders
- Keep your core lightly engaged and your breath smooth
- Purpose: Awakens energy flow through the upper body, supports lung expansion (Metal Element), also works the arms and shoulder pathways of the heart (Fire Element)

Chest Opener

- Stand tall, feet hip-width apart, knees soft
- Bend slightly forward
- Float arms up and out to the side like wings as you inhale
- Keep arms straight, bring together under chest as you exhale
- Purpose: Awakens energy flow through the upper body, supports lung expansion (Metal Element), also works the arms and shoulder pathways of the heart (Fire Element)

Good Mornings

- Stand with feet under hips, hands at your hips
- Keep your spine in its natural curves
- Inhale to prepare; exhale as you hinge forward from the hips, keeping a long spine (similar to a chicken pecking :)
- Inhale to return to standing, engaging your glutes and hamstrings
- Keep knees slightly bent, core active, and back neutral
- Purpose: Warms the posterior chain, supports Kidney and Bladder meridians (Water Element)

Trunk Twists / Spinal Twists

- Stand tall, arms bent, elbows out, hands above pecs
- Exhale as you gently rotate your torso side to side, allowing your hips to stay forward
- Let your breath guide the rhythm - inhale center, exhale twist
- Keep movements smooth, not forced
- Purpose: Stimulates Liver and Gallbladder meridians (Wood Element), encouraging flexibility and detoxification

Lymphatic Hops

- Stand lightly on your feet, knees soft, arms relaxed by your sides
- Begin gentle, rhythmic bouncing - heels lift and lower - or you can actually take little hops
- Let the breath stay natural; allow the body to release tension with each hop
- Continue for 30–60 seconds
- Purpose: Activates lymphatic flow and boosts vitality, supporting detox and overall Qi movement

Kidney Taps

- Let your arms hang and swing from side to side so your hands tap your kidneys
- Get a rhythm going, bend your knees
- Let your heels lift as they naturally want to do so
- Inhale to center and exhale to twist and tap
- Purpose: Stimulates Kidney energy (Water Element), awakening life force and grounding the nervous system

Side Bends

- Stand tall, feet wide and rooted
- Inhale to reach one arm overhead, exhale to bend to the opposite side - if this is too much on your shoulders, keep your hands on your hips
- Keep both sides of the waist long, avoiding collapsing forward
- Inhale to return to center and repeat to the other side
- Purpose: Opens Liver and Gallbladder channels (Wood Element), releasing tension and improving flexibility

HA Release

- Stand in a strong stance, feet wide, knees soft, core engaged
- Inhale through the nose as you draw your arms overhead
- Exhale sharply through the mouth with a loud “HA,” swinging arms down as if releasing stress or stagnant energy
- Repeat 3–5 times with intention and sound
- Purpose: Clears emotional tension, activates the diaphragm, and releases built-up Qi from the chest and belly

Yoga Asana

PURPOSE: To integrate mindful breath, flexibility, and energetic balance, grounding the physical practice in presence and flow.

Advasana / Crocodile (Opening Pose)

- Lie face down, legs extended slightly apart
- Stack your hands and rest your forehead on them, or turn one cheek to the mat
- Let your body release completely into gravity
- Soften your jaw and allow your natural breath to expand through your belly and back
- Elements: Earth (grounding, stability), Water (restoration, surrender)
- Energetic Focus: Calms your nervous system, reconnects you to the Earth, prepares your spine for movement

All Fours (Opening Pose)

- Come onto your hands and knees, shoulders over wrists, hips over knees
- Press evenly through your palms and the tops of your feet
- Draw your navel in gently to support your spine
- Keep your neck long and your eyes soft
- Elements: Earth (stability, centeredness), Metal (alignment, breath awareness)
- Energetic Focus: Establishes your foundation, awakens your core engagement, prepares your spine for movement

Arm Lifts with Breath

- From all fours, inhale as you lift one arm forward, reaching through your fingertips
- Exhale to lower your arm back to the mat
- Alternate sides, keeping your hips level and core engaged
- Focus on slow, smooth breath and controlled movement
- Elements: Metal (breath, focus), Fire (activation, energy expansion)
- Energetic Focus: Builds your shoulder stability, enhances your lung energy, connects your breath to mindful strength

Arm Stretch

- Sit tall and extend one arm across your chest
- Use your opposite arm to gently draw it closer, feeling the stretch across your shoulder and upper back
- Keep your shoulders down and your breath steady
- Switch sides
- Elements: Metal (release, exhalation), Fire (heart opening, warmth)
- Energetic Focus: Opens your Lung and Heart meridians, supports emotional release, encourages upper-body freedom

Banana Pose

- Lie on your back with your legs extended
- Bring your right ankle over the left, shift your torso to the left, bring your arms up also as an option
- Keep your hips and shoulders grounded
- Breathe deeply into your side body and ribs
- Switch sides - always do the right side first
- Elements: Wood (lateral flexibility, flow), Water (emotional softness, expansion)
- Energetic Focus: Stretches your Liver and Gallbladder meridians, promotes flexibility, encourages emotional openness

Broken Wing

- Lie face down and extend one arm to the side, palm down
- Bend your opposite knee and roll gently toward your extended arm
- Let your head rest and breathe into your shoulder and chest
- Move slowly and stay for several breaths
- Elements: Metal (letting go, breath), Fire (emotional expression, heart opening)
- Energetic Focus: Releases stored tension through your front body and shoulders, encourages vulnerability and compassion

Cat-Cow

- Begin on your hands and knees, shoulders over wrists, hips over knees
- Inhale to drop your belly and lift your heart and tailbone (Cow)
- Exhale to round your spine and draw your navel in (Cat)
- Move with your breath, articulating your spine fluidly
- Elements: Wood (spinal mobility, flow), Water (fluidity, adaptability)
- Energetic Focus: Awakens your spine, balances Yin and Yang, harmonizes your breath and movement

Child's Pose (Opening Pose)

- Kneel on your mat, big toes together, knees wide or together
- Sit back toward your heels and fold forward, resting your forehead on the mat
- Extend your arms forward or rest them by your sides
- Breathe into your back body and feel your belly expand with each inhale
- Elements: Earth (grounding, nourishment), Water (release, surrender)
- Energetic Focus: Encourages trust, quiets your mind, anchors your awareness inward

Child's Pose with Walkover

- From Child's Pose, walk both your hands to one side, keeping your hips heavy and your spine long
- Breathe deeply into your side body
- After several breaths, walk your hands through center and over to the other side
- Return to center and rest
- Elements: Wood (lateral expansion, growth), Earth (grounded support)
- Energetic Focus: Opens your intercostal muscles and side ribs, releases tension from your lower back, nourishes creativity

Dhanurasana (Flow Bow)

- Lie on your belly, bend both knees, and reach back to hold your ankles
- Inhale to lift your chest and thighs, pressing your feet into your hands
- Keep your gaze forward and your breath steady
- Exhale to lower down slowly
- Elements: Fire (vitality, expansion), Wood (strength through mobility)
- Energetic Focus: Strengthens your back body and heart space, stimulates digestion, boosts vitality and confidence

Double Pigeon (Agnistambhasana / Fire Log Pose)

- Sit tall with one shin stacked on top of the other, ankles roughly above your knees
- Flex both feet to protect your knees
- Inhale to lengthen your spine; exhale to fold forward from your hips
- Use props under your hips or knees for comfort
- Elements: Fire (inner heat, transformation), Earth (grounding through hips)
- Energetic Focus: Opens your outer hips and glutes, supports emotional release, balances grounding with expansion

Downward Dog Flow / 3-Legged Dog Flow

- Begin in Downward Dog, grounding through your hands and feet
- Move fluidly: pedal your feet, shift forward to plank, or lift one leg into 3-Legged Dog
- Engage your core and keep your breath steady through transitions
- Add hip openers, shoulder rolls, or waves through your spine

- Elements: Wood (expansion, flexibility), Fire (activation, stamina), Metal (breath control)
- Energetic Focus: Builds strength and flow, harmonizes upper and lower body, cultivates dynamic balance and freedom

Downward Dog Twist

- From Downward Dog, bring one hand to the opposite ankle or shin.
- Press evenly through your supporting hand and both feet
- Rotate your torso gently, opening through your ribs and shoulders
- Breathe slowly and return to center before switching sides
- Elements: Wood (rotation, detox), Metal (breath and release)
- Energetic Focus: Cleanses stagnant energy, enhances spinal mobility, improves focus through balanced breath

Dynamic Bridge

- Lie on your back, knees bent, feet hip-width apart
- Inhale to lift your hips, pressing through your feet; exhale to slowly roll down
- Move with your breath — fluid and controlled
- Keep your knees tracking forward and your shoulders relaxed
- Elements: Earth (stability, grounding), Fire (activation, energy flow)
- Energetic Focus: Strengthens your glutes and spine, supports grounding through your legs, balances Yin and Yang in your back body

Dynamic Child's Pose

- From all fours, inhale to lift your torso slightly forward; exhale to sink your hips back toward your heels
- Move continuously with your breath, keeping your arms long
- Allow the movement to feel wave-like and rhythmic
- Elements: Water (fluidity, surrender), Earth (nourishment, stability)
- Energetic Focus: Encourages spinal decompression, calms your nervous system, restores softness through motion

Eagle Arms (Garudasana Arms)

- Sit or stand tall; bring one arm under the other and wrap to bring your palms or the backs of your hands together
- Lift your elbows slightly, keeping your shoulders down
- Breathe into your upper back and between your shoulder blades
- Elements: Metal (lungs, breath), Fire (heart opening, release)
- Energetic Focus: Expands your upper back, improves posture, opens your Heart and Lung meridians for emotional clarity

Figure 4

- Lie on your back, knees bent
- Cross one ankle over your opposite thigh
- Thread your hands behind your standing leg and gently draw your legs toward your chest
- Keep both feet flexed and your jaw soft
- Elements: Wood (hip flexibility), Water (release and flow)
- Energetic Focus: Opens your hips and lower back, releases emotional tension, balances energy through your pelvis

Gate Pose (Parighasana)

- Kneel with one leg extended to the side, foot flat or toes forward
- Inhale to reach your opposite arm up; exhale to side bend toward your extended leg
- Keep both sides of your waist long
- Elements: Wood (lateral expansion, growth), Metal (breath, openness)
- Energetic Focus: Opens your side body and intercostals, stimulates Liver and Gallbladder meridians, supports flexibility and release

Gorilla (Padahastasana)

- Stand in a forward fold, slide your hands under your feet with your toes at your wrists
- Bend your knees as needed to lengthen your spine
- Relax your head and neck
- Inhale to lengthen; exhale to fold deeper
- Elements: Metal (release, letting go), Earth (stability, grounding)
- Energetic Focus: Releases tension through your back body, improves circulation, encourages humility and softening

Half Pigeon (Eka Pada Rajakapotasana)

- From Downward Dog, bring one knee forward, shin angled across your mat
- Extend your back leg long and square your hips
- Inhale to lengthen through your spine; exhale to fold forward
- Support your hips with a block or blanket if needed
- Elements: Wood (hip flexibility and release), Water (emotional flow)
- Energetic Focus: Releases deep hip tension, harmonizes your Liver and Kidney meridians, promotes surrender and compassion

Half Frog (on Belly)

- Lie on your belly, bend one knee out to the side, thigh parallel to the top of your mat
- Rest your head on your hands or a block
- Breathe deeply into your inner thighs and groin
- Stay for several breaths, then switch sides
- Elements: Water (receptivity and flow), Wood (opening and expansion)

- Energetic Focus: Opens your hips and inner thighs, encourages emotional release, softens lower-body tension

Happy Baby Pose (Half Happy Baby)

- Lie on your back and draw one knee toward your armpit, holding your foot or ankle
- Keep your opposite leg extended or bent
- Press your tailbone toward the floor
- Relax your shoulders and face
- Elements: Water (surrender and ease), Earth (stability and grounding)
- Energetic Focus: Releases your lower back and hips, nourishes Kidney energy, promotes comfort and relaxation

Intense Foot Stretch

- Kneel with your toes tucked under, sitting back on your heels
- Keep your spine tall, core engaged, and hands resting on your thighs
- Breathe steadily, softening your jaw and face
- Option to lean forward or untuck toes if the sensation is strong
- Elements: Earth (support), Metal (discipline, breath awareness)
- Energetic Focus: Strengthens and opens your feet, supports grounding and energetic stability

Janusirasana (Seated Single-Leg Stretch)

- Sit with one leg extended and the other foot at your inner thigh
- Inhale to lengthen your spine; exhale to fold over your extended leg
- Keep your breath deep and smooth
- Relax your neck and shoulders
- Elements: Water (introspection), Wood (flexibility and movement)
- Energetic Focus: Opens your hamstrings and back body, calms your mind, cultivates patience and inner listening

Locust Variations / Quad Stretch

- Lie on your belly and extend your arms back alongside your body
- Inhale to lift your chest and legs (Locust)
- For a quad stretch, bend one knee and hold your ankle or foot
- Keep your pelvis grounded and breath steady
- Elements: Fire (vitality and energy), Earth (stability and strength)
- Energetic Focus: Strengthens your back body and opens your heart space, supports vitality and circulation

Low Lunge (Anjaneyasana)

- From Downward Dog, step one foot forward and lower your back knee
- Inhale to lift your arms overhead; exhale to sink into your hips
- Keep your front knee above your ankle and your shoulders relaxed
- Lengthen upward through your spine while grounding through your legs
- Elements: Fire (heart opening), Wood (growth and expansion)
- Energetic Focus: Opens your hip flexors and chest, strengthens grounding while encouraging upward energy flow

Malasana (Yogi Squat)

- Stand with your feet wider than your hips, toes slightly turned out
- Bend your knees deeply and lower your hips toward the floor
- Bring your hands to your heart center and lift through your chest
- Keep your spine long, heels grounded, and breath steady
- Elements: Earth (grounding and support), Water (release and flow)
- Energetic Focus: Opens your hips and pelvis, connects you to grounding energy, encourages surrender and stability

Navasana (Boat Pose)

- Sit tall, knees bent, feet flat on your mat
- Lift your feet, balancing on your sit bones, and extend your legs to a comfortable height
- Reach your arms forward, lengthen through your spine, and keep your breath steady
- Soften your gaze
- Elements: Fire (core strength and willpower), Earth (stability)
- Energetic Focus: Builds your core and inner fire, strengthens confidence, integrates your body and mind

Neck Stretch

- Sit or stand tall with your spine long
- Drop one ear toward your shoulder, letting your opposite arm reach down
- Hold and breathe deeply, softening your jaw
- Switch sides after several breaths
- Elements: Metal (breath and release), Water (softness and flow)
- Energetic Focus: Releases tension in your neck and shoulders, encourages clarity and calm through your breath

Paschimottanasana (Seated Forward Fold)

- Sit with your legs extended and feet flexed
- Inhale to lengthen your spine; exhale to fold forward from your hips
- Rest your hands on your legs, feet, or the floor
- Relax your neck and shoulders, softening your effort

- Elements: Water (introspection and surrender), Earth (stability and grounding)
- Energetic Focus: Calms your nervous system, opens your back body, and draws awareness inward

Puppy Pose (Anahatasana)

- From all fours, walk your hands forward while keeping your hips above your knees
- Allow your chest to melt toward your mat, resting your forehead or chin
- Keep your spine long and your shoulders relaxed
- Elements: Metal (breath and release), Fire (heart opening)
- Energetic Focus: Opens your chest and shoulders, lengthens your spine, softens resistance in your heart space

Ragdoll (All Variations)

- Stand with your feet hip-width apart and fold forward
- Allow your head and arms to hang heavy, knees soft
- Explore variations: hold your elbows, bend your knees alternately, or interlace your fingers behind your back for a shoulder rinse
- Breathe deeply and let your body release
- Elements: Metal (letting go and breath), Earth (grounding and stability)
- Energetic Focus: Calms your nervous system, decompresses your spine, invites surrender and humility

Reclined Pyramid (Starting Pose)

- Lie on your back with one leg extended and the other bent with the foot near your thigh
- Inhale to lengthen your extended leg; exhale to fold gently from your hips
- Hold behind your thigh or calf, keeping your shoulders and jaw relaxed
- Elements: Earth (grounding), Water (release and reflection)
- Energetic Focus: Opens your hamstrings and back body, encourages introspection and receptivity

Rock and Roll

- Lie on your back and hug your knees to your chest
- Gently rock forward and back along your spine
- Move with your breath, keeping your chin slightly tucked
- Use the motion to transition into a seated pose or balance posture
- Elements: Water (fluidity), Earth (centered stability)
- Energetic Focus: Awakens your spinal energy, massages your back body, connects your breath to playful movement

Savasana (Starting or Closing Pose)

- Lie flat on your back, arms by your sides, palms facing up
- Allow your feet to fall open naturally
- Close your eyes and release all muscular effort
- Let your breath flow freely and evenly
- Elements: Water (integration and surrender), Earth (grounding and absorption)
- Energetic Focus: Integrates your entire practice, allows deep rest, unites physical, emotional, and energetic layers

Seated Baddha Konasana (Bound Angle Pose)

- Sit tall, bring the soles of your feet together, and let your knees open wide
- Hold your ankles or feet and gently draw them in
- Inhale to lengthen your spine; exhale to fold forward softly
- Elements: Water (release), Earth (grounding)
- Energetic Focus: Opens your hips and inner thighs, supports pelvic circulation, and promotes emotional ease

Seated Cat-Cow

- Sit cross-legged or in any comfortable position
- Place your hands on your knees; inhale to arch your spine and lift your heart (Cow)
- Exhale to round your spine and draw your chin to your chest (Cat)
- Move fluidly with your breath
- Elements: Wood (spinal mobility), Water (flow and adaptability)
- Energetic Focus: Awakens your spine and breath connection, harmonizes energy between your heart and pelvis

Seated Shoulder Rinse

- Sit tall and interlace your fingers behind your back
- Inhale to open your chest; exhale to hinge forward, letting your arms lift gently
- Breathe into your shoulders and upper back
- Elements: Metal (release, breath), Fire (heart opening)
- Energetic Focus: Relieves upper-body tension, expands your chest and heart space

Seated Side Bend

- Sit tall, one hand resting beside your hip, the opposite arm reaching overhead
- Inhale to lengthen; exhale to side bend gently
- Keep both sit bones grounded and your breath deep into your side ribs
- Elements: Wood (lateral expansion), Earth (rooted balance)
- Energetic Focus: Opens your side body, balances energy through the Liver and Gallbladder meridians

Seated Twist

- Sit tall, cross one leg over the other
- Inhale to lengthen your spine; exhale to twist toward your top knee
- Place your opposite elbow outside your bent knee for leverage
- Breathe deeply and switch sides
- Elements: Wood (rotation and detox), Metal (release through breath)
- Energetic Focus: Stimulates digestion, supports detoxification, enhances spinal mobility

Skandasana (Side Lunge)

- Step wide on your mat, bending one knee deeply while keeping the other leg extended
- Flex your extended foot and keep your hips low
- Rest your hands at your heart center or on the floor for balance
- Elements: Wood (expansion and flexibility), Earth (stability)
- Energetic Focus: Opens your hips, groin, and inner thighs, grounding strength through your lower body

Sphinx Pose

- Lie on your belly, forearms on the mat, elbows under your shoulders
- Press into your forearms and lift your chest and heart
- Keep your shoulders down, your neck long, and your breath steady
- Elements: Water (nourishing calm), Fire (heart activation)
- Energetic Focus: Strengthens your back body, stimulates Kidney energy, supports gentle heart awakening

Sukhasana (Starting Pose)

- Sit comfortably cross-legged with your spine tall
- Rest your hands on your knees or thighs, shoulders relaxed
- Close your eyes or soften your gaze; lengthen through your crown
- Elements: Earth (stability, support), Metal (focus, presence)
- Energetic Focus: Promotes inner stillness, clarity, and prepares your body and mind for meditation

Supine Twist (Supta Matsyendrasana)

- Lie on your back and draw one knee across your body
- Extend your opposite arm out and turn your gaze in the opposite direction
- Keep your shoulders grounded and breathe into your twist
- Elements: Wood (rotation, flexibility), Water (release, relaxation)

- Energetic Focus: Stimulates digestion, supports spinal mobility, encourages emotional cleansing

Supported Bridge (Setu Bandhasana)

- Lie on your back, knees bent, feet hip-width apart
- Lift your hips and slide a block or bolster under your sacrum
- Relax into the support, softening your breath and shoulders
- Elements: Earth (stability and nourishment), Water (rest and surrender)
- Energetic Focus: Restores your energy, calms your nervous system, balances Yin and Yang through your spine

Supta Baddha Konasana (Reclined Bound Angle Pose)

- Lie on your back, bring the soles of your feet together, and let your knees fall open
- Place props under your thighs for support if needed
- Rest your arms by your sides or place your hands on your belly and heart
- Elements: Water (receptivity, surrender), Earth (grounding)
- Energetic Focus: Opens your hips and heart, fosters deep relaxation and emotional harmony

Upward Facing Dog (Urdhva Mukha Svanasana)

- Lie on your belly, palms beside your ribs
- Inhale to press into your hands, lifting your chest and thighs off the mat
- Roll your shoulders back and open your heart forward
- Keep your thighs engaged and your breath steady
- Elements: Fire (vitality and openness), Metal (breath and expansion)
- Energetic Focus: Awakens energy through your front body, strengthens your back body, expands your capacity for joy

Wide-Legged Forward Fold (Variations)

- Stand wide-legged with your feet parallel
- Inhale to lengthen your spine; exhale to fold forward from your hips
- Place your hands on the floor, ankles, or interlace them behind your back
- Explore gentle bends or twists as variations
- Elements: Metal (letting go), Earth (grounding)
- Energetic Focus: Releases tension through your hamstrings and spine, encourages humility and introspection

Wide Wipers (Narrow Wipers)

- Lie on your back, knees bent, feet mat-width apart
- Let both knees fall side to side like windshield wipers

- Move slowly with your breath, keeping your spine relaxed
- Elements: Water (flow and mobility), Wood (hip flexibility)
- Energetic Focus: Restores fluidity to your hips and spine, resets your lower body after deep holds

Wind Removing Pose (Pavanamuktasana)

- Lie on your back and draw both knees toward your chest
- Hold your shins or wrap your arms around your legs
- Gently rock side to side if it feels good
- Exhale fully to release tension through your lower back and belly
- Elements: Earth (grounding and elimination), Water (release and cleansing)
- Energetic Focus: Supports digestion, detoxification, and energetic grounding through your lower body

Contemporary Pilates Moves

PURPOSE: To blend traditional Pilates principles with modern functional movement, improving strength, coordination, and adaptability.

Abductors with Band

- Prop: Resistance band around your ankles thighs
- Lie on your back, legs lifted straight up to the sky
- Open legs, pulse open, then scissors, back to open, scissors other side
- Bring band to thighs, feet down, op
- Bring band to thighs, flip over for bear
- Open your legs, cross into scissors, return to open, then bend knees toward bear pose.
- Move into side-lying clams, feet together, and pulse your knees open.
- Transition to standing: keep the band on your thighs for Chair pulses.
- Add: Opposite leg kickouts.
- Finish with a Pilates roll down to plank, then “rainbows” with your legs and all-fours side kicks and knee-to-elbow.
- Elements: Fire (activation and control), Earth (stability), Wood (lateral expansion)
- Energetic Focus: Strengthens your hips and thighs, builds control and endurance, promotes balanced grounding through lower body.

Adductors Flow (Ball or Ring)

- Prop: Ball or Pilates ring between your thighs
- Lie on your back with feet together

- Squeeze your ball or ring as you press hips down
- Hold the squeeze, then add alternating crunches
- Hold the crunch and squeeze the ball
- Transition to forearms with frog legs (no props)
- Hold the ring or ball, slowly squeeze, and keep control
- Add a slow pulse, then drop your feet toward the floor while maintaining tension
- Elements: Earth (core stability), Water (inner awareness), Metal (precision and control)
- Energetic Focus: Strengthens your adductors and pelvic floor, connects your inner thighs to your core, cultivates centered strength

Arm Circles

- Prop: Light weights optional
- Stand tall, extend your arms out to the sides
- Make small circles, gradually increasing to larger ones and return to small / switch sides
- Keep your shoulders relaxed and your core engaged
- Switch directions with slow, mindful control
- Elements: Fire (activation), Metal (breath and focus)
- Energetic Focus: Tones your shoulders and arms, improves circulation and shoulder mobility, enhances focus through rhythmic movement

Bear Flow

- Begin on all fours, lift your knees to hover an inch off your mat
- Crawl forward and back, maintaining core control
- Add kick-throughs with opposite leg and arm extensions - Go Slow!
- Return to Bear Hold - hold briefly, then perform bear climbers (knees driving toward elbows)
- Add: Place ball or ring between thighs, bring feet together and pulse inward for adductors
- Add: Place band around thighs, pulse legs open for abductors
- Add: Shoulder Taps
- Elements: Fire (strength, stamina), Earth (stability), Metal (breath awareness)
- Energetic Focus: Builds your core and shoulder stability, activates heat and endurance, stabilizes your foundation

Bird Dog Flow (with Weight or Ball)

- Start on all fours with a weight in one hand or a ball behind one leg
- Lift your weighted arm while extending your opposite leg, squeezing the ball

- Lower with control
- Add: Limb Lifts and boxer punches while maintaining a static hold
- Add: Toe Taps
- Add: An arm bind for advanced balance
- Add: Push-ups
- Elements: Wood (balance, growth), Earth (core grounding), Fire (focus and stability)
- Energetic Focus: Enhances cross-body coordination, strengthens your posterior chain, supports spinal and energetic alignment

Bridge Series

- Props: Optional band or block
- Begin supine, knees bent, feet hip-width apart
- Up Downs (articulations): Lift your hips with your exhale and inhale roll down one vertebra at a time;
- Single-leg: Lift one leg up, lifted leg articulations, leg lifts with breath, circles and small barre pulses at the end
- With props: add abductors (knees open slow, then little pulses up and down OR articulations)
- Lift your right leg, pulse out, down, small pulse, then return to center
- Switch sides with equal precision
- Elements: Earth (foundation), Fire (activation), Water (flow between movements)
- Energetic Focus: Strengthens your glutes, hamstrings, and spine; harmonizes grounding with energizing upward motion

Note: Leg Lifts: In Pilates, the cue to point your toe as the leg lowers and flex as it lifts is intentional—it's about functional balance, muscular activation, and energetic direction.

Point down = lengthen and control the descent.

Flex up = stabilize, engage, and return from your core.

Here's why:

1. Muscular Engagement & Control:

- Pointing the toe on the way down lengthens the front line of the leg (quadriceps and hip flexors) and encourages eccentric control—meaning the muscles are working as they lengthen to resist gravity.
- Flexing the foot on the way up activates the back line of the body (hamstrings and glutes), deepens core engagement, and prevents the hip flexors from over-dominating.

2. **Joint Stability & Alignment:**

- The alternation between point and flex maintains ankle mobility while stabilizing the knee and hip joints through their full range of motion. It also keeps the movement integrated—originating from the powerhouse, not just the leg.

3. **Circulation & Energy Flow:**

- From a Traditional Chinese Medicine (TCM) and energetic perspective, pointing directs energy outward and downward—activating Yang, expression, and extension - while flexing draws energy back toward the center - activating Yin, contraction, and return. This creates a rhythmic pulse of expansion and collection that balances Qi flow through the lower meridians.

4. **Aesthetic & Awareness:**

- The point-to-flex transition cultivates *graceful control* and *mindful articulation*, training awareness through every inch of the movement. It's not just a mechanical action - it's a dialogue of precision, balance, and energetic harmony.

C-Curve Flow (No Props / With Weights / Add W's)

- Sit tall, hold behind your thighs or weights in your hands
- Round your spine into a controlled C-curve, engaging your core
- Add pulses or arm movements in W-shape, drawing shoulders back
- Return to neutral spine slowly
- Inhale to seated, and exhale back
- Elements: Fire (core strength), Metal (control and discipline)
- Energetic Focus: Deepens your core awareness, supports spinal articulation, builds inner power and resilience

Chair Pulse (No Props / With Band / With Ball)

- Stand in Chair pose, hips back, chest lifted
- Pulse through your thighs
- Add a band above your knees or a ball between them
- Do single leg pulses weighting into one leg then the other
- Add double arm pulses (open wings), then single-arm pulses
- Finish with small arm circles while maintaining core connection
- Elements: Fire (strength), Earth (stability), Metal (focus)

- Energetic Focus: Builds your leg and glute endurance, integrates upper and lower body, cultivates presence in stillness

Crescent Lunge Knee Dips

- Step one leg forward into a Crescent Lunge
- Inhale lower your back knee toward the floor, exhale rise back up
- Pause halfway on your last one and do mini pulses
- Option to use weights
- Keep your front knee aligned and your spine long
- Add small controlled pulses at the base
- Elements: Fire (activation), Wood (expansion), Earth (stability)
- Energetic Focus: Strengthens your hips, thighs, and balance, enhances grounding while energizing upward movement

Dead Bug Flow

- Lie on your back, arms extended toward the ceiling, knees bent to tabletop
- Alternate lowering opposite arm and leg toward the floor, keeping your spine stable
- Option: reach your arms forward for a crunch or hold static engagement
- Option: Lift hips for second repetition
- Elements: Earth (core grounding), Metal (precision), Water (controlled flow)
- Energetic Focus: Trains deep core stability, coordinates opposite limbs, enhances breath-based control.

Forearm Flow

- Start in forearm plank, core strong and spine neutral
- Move through a sequence: rainbows (hips side-to-side), up-up-down-down, and hip dips
- Add shoulder and thigh taps for coordination
- Add Toe Taps with pointed toes (options)
- Repeat with mindful rhythm
- Option to add: Side Plank Flow: Side Plank Stretch, come down to hip & repeat
- Option to add Side Plank Knee to Elbow, repeat 5 - 8 times
- Option to add Side Plank Leg Pulse
- Option to combine Side Plank Stretch, Knee to Elbow and Leg Pulse (very challenging)
- Elements: Fire (endurance), Earth (strength), Metal (breath discipline)

- Energetic Focus: Builds upper-body and core endurance, cultivates precision, strengthens your energetic center

Glute Bridge March (with Optional Weights)

- Begin in bridge position, hips lifted
- Lift one knee toward your chest, keeping your hips stable
- Alternate legs in a marching pattern - do 2 x with different breath patterns
- Add weights overhead to engage your shoulders and arms
- Elements: Earth (foundation), Fire (activation)
- Energetic Focus: Strengthens your glutes and hamstrings, stabilizes your pelvis, integrates full-body coordination

Goddess Flow

- Stand wide, knees bent and toes turned out.
- Pulse down in Goddess pose
- Lift one heel up and lean toward that side, keep pulsing, switch sides
- Lift both heels up and pulse lower
- Hold, then bring elbow to knee side-to-side
- Maintain breath control and deep core engagement
- Elements: Earth (grounding), Fire (stamina), Water (fluidity)
- Energetic Focus: Strengthens your legs and hips, harmonizes feminine power, balances stability with grace

Knee to Elbow (Standing)

- Stand tall, hands behind your head or cactus
- Bring one knee toward your opposite elbow
- Return to standing and switch sides
- Keep your core engaged and breath steady
- Elements: Fire (activation), Earth (stability)
- Energetic Focus: Builds core coordination, integrates cross-body awareness, strengthens obliques and posture

Kneeling Half Moon with Glute Pulse & Side Crunch

- Start kneeling, one leg extended to the side
- Lift and pulse your extended leg

- Add a side crunch, bringing elbow to thigh
- Extend your arm and leg out and pulse your leg up and back down - repeat
- Keep your spine long and breath controlled
- Elements: Wood (expansion), Fire (energy), Earth (balance)
- Energetic Focus: Opens your lateral body, strengthens hips and core, balances grounding with freedom

Leg Side Pulse

- Lie on your side, legs long and stacked
- Lift your top leg slightly and pulse upward with control
- Keep your core engaged and your hips stable
- Kick forward, kick back - repeat
- Finish with kick ups
- Elements: Wood (expansion), Earth (stability)
- Energetic Focus: Tones your outer hips, improves balance, enhances lateral energy flow

Mountain Climber

- Begin in plank position
- Drive your knees toward your chest with your exhale, and inhale step back to plank, alternating sides quickly or slow with control
- Maintain your core connection and steady breath
- Elements: Fire (stamina), Metal (discipline)
- Energetic Focus: Builds cardiovascular endurance and inner heat, strengthens your shoulders and core

Pilates Roll Up

- From Downward Dog, walk your hands back to your feet, and roll up vertebrae by vertebrae
- Soften your knees, and keep your core engaged
- Elements: Fire (core activation), Metal (precision), Earth (stability), Water (flow upward)
- Energetic Focus: Strengthens your core and spine, stretches spine, promotes articulation and control, harmonizes movement and breath

Plank Flow

- Begin in high plank with your shoulders over your wrists

- Lower to your forearms, then press back up to your hands (Up-Down)
- Add shoulder taps, thigh taps, and five Plank Jacks (timed)
- Add toe taps & Side Plank Flow (options)
- Keep your hips steady and your breath smooth
- Elements: Fire (strength and heat), Metal (discipline), Earth (grounding)
- Energetic Focus: Builds full-body power, enhances endurance and focus, stabilizes your energetic center

Plank Jacks

- Start in high plank, shoulders over wrists
- Jump your feet out and in, keeping your hips level
- Maintain steady breath and strong core engagement
- Elements: Fire (stamina), Earth (foundation), Metal (rhythm)
- Energetic Focus: Builds inner heat, strengthens your shoulders, arms, and core, increases energy flow

Push-Ups (Pilates Form)

- Begin in plank, measure your hand placement by touching your middle fingers together, then open slightly wider
- Keep your elbows close to your ribs as you lower down
- Inhale to lower, exhale to press up
- Option: drop your knees behind your hips while keeping your spine strong and low back rounded
- Elements: Fire (activation), Metal (precision and focus), Earth (stability)
- Energetic Focus: Strengthens your chest, triceps, and core; cultivates controlled strength and endurance

Squat Steps (Up and Down the Mat - Monster Walks)

- Begin standing at the back of your mat in a squat position sideways
- Step forward one foot at a time, staying low in your squat
- Walk up and back down your mat without rising
- Maintain steady breath and active legs
- Each time you get to one end of your mat pulse 3 times, lower and lower, rise up and walk to the other end
- Elements: Earth (grounding), Fire (power), Water (flow through movement)

- Energetic Focus: Strengthens your legs and glutes, connects your body to grounded, rhythmic energy

Standing Leg Pulse with Band

- Prop: Resistance band around thighs
- Stand tall, band above your knees
- Shift your weight to one leg, lift the other leg slightly, and pulse outward or backward
- Keep your core firm and your hips stable
- Switch sides
- Elements: Fire (activation), Wood (expansion), Earth (balance)
- Energetic Focus: Strengthens your glutes and outer hips, builds balance and stability, enhances focused strength

Standing March

- Stand tall, engage your core, take your arms into cactus
- You can band your thighs,
- Lift one knee to tap your elbow
- Lower it slowly and switch sides, maintaining posture and rhythm
- Add arm movements or light weights for coordination
- Elements: Fire (activation), Metal (discipline), Earth (stability)
- Energetic Focus: Improves your coordination and balance, builds rhythm, strengthens your legs and core

Suitcase Squats with Feet on a Block

- Stand with your feet hip-width apart on a sturdy block or raised surface
- Hold a weight (or imaginary weight) at your sides like two suitcases
- Shift your weight evenly through all four corners of your feet
- Bend your knees and lower into a squat, keeping your spine long and your core engaged
- Press through your heels to rise, feeling grounded, stable, and supported

Transitions (With Ball, Weights, or No Props)

- Move fluidly between exercises, keeping your breath smooth
- Use your props intentionally to maintain control and balance
- You have the option to pulse up or keep your head and shoulders on the floor
- Option to add weights and drop your arms back, single or double

- Hold ball between ankles, squeeze the entire time
- The pulse your feet to squeeze the ball and if your low back allows, pulse your legs all the way down to hover and back up
- Elements: Water (flow and adaptability), Earth (grounding), Metal (precision)
- Energetic Focus: Encourages mindful movement between shapes, enhances grace and presence in transitions

Triceps

- Sit, stand or knees with your arms straight back with weights in hands, pulse your arms back (keep your elbow slightly soft) pulse, then squeeze
- Sit with your arms behind you legs bent, walk legs out
- Bend your elbows for Tricep dips - option to put weights in your lap
- Elements: Fire (activation), Metal (focus), Earth (stability)
- Energetic Focus: Strengthens your triceps and upper back, opens your chest, supports posture and confidence

W's (Arm Work)

- Sit, stand or knees with arms bent, elbows near your waist and arms a little past your elbows
- Open your arms outward into a W-shape with your exhale
- Return to center with control and your inhale
- Add small pulses then return to big W's
- Elements: Metal (postural alignment), Fire (activation), Earth (stability)
- Energetic Focus: Strengthens your shoulders and upper back, promotes postural awareness and confidence

Warrior 3 Standing with Boxer Arms

- Begin standing with weights in your arms
- Lift your right leg up - extend your right leg and your arms to Warrior 3
- Hold your leg and torso, inhale and exhale your arms back inhale to center
- Exhale punch forward, continue and setch sides
- Elements: Wood (balance and expansion), Fire (strength), Earth (stability)
- Energetic Focus: Strengthens your posterior chain, builds focus and coordination, merges balance with power

Multi Barre Moves

PURPOSE: To enhance endurance, balance, and alignment through controlled, small-range movements that build deep muscular stability and postural support.

Bike Twists

- Lie on your back with knees lifted above hips, hands behind the head
- Inhale to prepare
- Exhale as you twist, bringing the right elbow toward the left knee while extending the opposite leg long
- Inhale to return to center, then switch sides
- Move slowly with control — think twist, not pull
- Let your head relax into your hands (that are interlaced to the webbing, elbows at a 45 degree angle)
- Pause when you twist to one side, tap the top of your knee to the top of your ankle, return to twist, and switch sides, return to twist
- Pause when you twist to the other side, tap the outside of your knee to the outside of your elbow, return to twist, and switch sides, return to twist
- Pause when you twist to the other side, tap the inside edge of your knee to the inside edge of your elbow, return to twist, and switch sides, finish with twist for countdown
- Focus: Core strength, oblique tone, and gentle spinal rotation
- Energy: Builds Fire Element energy — awakening vitality and circulation

Bridge

- Lie on your back, knees bent, feet hip-width apart and grounded
- Inhale to prepare
- Exhale as you press into your feet and lift your hips, one vertebra at a time, and begin to pulse
 - small movement, big burn, little pulses

- Float your right leg up, point your toes, engage your quads, little pulses, small circles in one direction, and the other direction, small pulses again, and switch sides

Clamshells

- Lie on your side, knees bent and stacked, feet together
- Ensure your hips, knees and ankles are aligned
- Rest your head on your arm or a block or pillow
- Breathe naturally and complete the sequence:
- Open and close, heels stay together
- Hold open (external rotation) and lift straight up
- Bring leg to parallel and continue to lift up and down
- Teeter Totter, knee heel, internal and external rotation
- Hold the internal rotation, knees together, heel up, keep your knee bent and lift your leg up and down
- Keep the same motion, bend to come down, but as you lift, kick your left straight up and back, engage your quad
- Keep your leg straight up, as high as you can get it while keep your hips aligned, pulse up up up, then pulse to parallel
- Bend your knee, keeping your knee inline with your hip (this will activate your hamstrings), kick to engage your quad, and lift up and up a little higher - repeat
- Kick up as high as you can
- Finish with controlled high kicks
- Switch sides
- Keep hips stacked and core active — avoid rolling back
- Focus: Glute medius, hip stability, and pelvic alignment
- Energy: Strengthens the Water Element — supporting rootedness and joint integrity

Obliques on Ball

- Recline with your side body over a small stability ball, bottom leg bent, top leg straight
- Bottom hand to your head for support - elbow faces the same direction as your nose
- Crunch up as high as you can, and take small pulses upward
- Lift your top arm up, with or without a weight
- Pause - pulse your arm, take small circles in one direction, and then the other
- Keep your arm up and pulse
- Pause, hold the crunch, and pulse your top leg
- Keep your top leg up, top arm up and crunch

- Finish with a static hold to feel the burn

Warrior 3

- Begin on all fours (hands under shoulders, knees under hips)
- Extend one leg straight back, toes pointing down, core engaged
- Option to lower onto forearms for comfort or to decrease spinal compression
- Keep hips square and the spine long — imagine energy extending from crown to heel
- Focus: Core stability, glute activation, and balance through grounded control
- Element: Metal — precision, breath, and strength through alignment
- Metal → Precision, breath awareness, structure.
- Earth → Stability and grounding through core connection.

1. Leg Out – Pulse Up

- Exhale to lift your extended leg to hip height
- Begin small controlled pulses upward, keeping the knee straight and glutes active
- Focus on length rather than height — feel the lift from your center
- Earth → Builds foundational strength and stability.
- Fire → Ignites energy and muscular activation.
- Earth → Builds foundational strength and stability.
- Fire → Ignites energy and muscular activation.

2. Bend Knee – Footprints on the Sky

- Keeping the thigh lifted, bend your knee so the sole of your foot faces the ceiling
- Exhale as you press the foot upward, like making small footprints on the sky
- Inhale to lower slightly, keeping tension in the glutes
- Water → Encourages flow and fluid control through the hips.
- Fire → Builds endurance and vitality.
- Earth → Stabilizes the supporting side.

3. Knees Together – Open and Close

- Bring your working knee to gently tap the supporting knee, keeping both knees aligned
- Exhale to open the top leg outward (like a mini clamshell in tabletop)
- Inhale to close with control
- This builds deep glute and outer-hip stability
- Wood → Expands lateral movement and hip mobility.
- Earth → Grounds and supports balanced muscular effort.

4. Hold Open – Pulse

- Hold the leg open (in the lifted, rotated position)
- Begin tiny pulses upward or outward — keeping the motion small and controlled
- Stay focused on the side glute and core connection
- Wood → Encourages strength through flexibility and endurance through growth.
- Fire → Builds heat and resilience in the body.

Optional: Push-Ups

- Keep your leg up, and do your pushups (any kind) - Arms wide work your pectorals, arms narrow work your shoulders. Inhale down, exhale up
- Fire → Builds power and heart strength.
- Metal → Encourages disciplined movement and breath awareness.

5. Switch Sides

Return to all fours, reset alignment and breath

Repeat the full sequence on the opposite leg with the same controlled flow