## A I N D F U L Recovery Practices

Power Poses & Alexander Technique-based in-the-body wellness practices

## An easy fusion of evidence-based practices for calming, mood elevation & other benefits

Imagine & allow your head to "float" Think of your body & muscles staying relaxed gently on top of your spine and "expanded", which reduces Cortisol "fight or flight" stress hormone levels, and raises Testosterone levels, helping Don't tilt your head back or bent forward in "Text Neck" or "Text Hunchback" us feel more powerful and confident positions which harm the neck & spine Keep eyes "soft in their sockets", looking Release any tension or strain in ahead on your "Horizon Line" your neck - "free your neck" -Imagine your spine lengthening Jaw & mouth relaxed and "soft" gently from tailbone to head, holding you up without strain Breathe through your nose gently into your Shoulders back and down lungs, and be aware of your ribs moving with arms relaxed with the breath Don't hold your stomach in or tense abs Release "gripping" & muscle tension in glutes, legs and calves Forearms & wrists relaxed Hands & fingers relaxed; think of fingers lengthening and palms "wide and soft" Knees relaxed and "soft", not locked "Feel your feet" - develop awareness of your feet & ankles; stand with feet flat and hip width apart The Alexander Technique is an evidence-based wellness practice. not medical treatment. No portion of this flyer may be copied or Imagine connecting from your feet up used without permission.
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