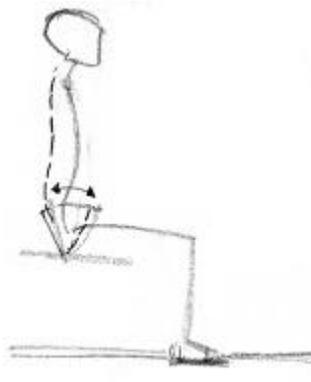


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Rocking forward and back on sit-bones

Purpose:

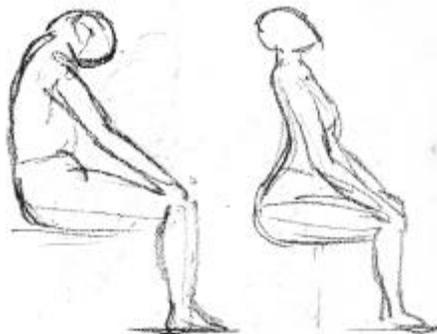
- Develops awareness of sit-bones and feet and reminds you to distribute your weight on the sit-bones and feet.
- Activates the hamstrings (back of thighs), which become tight and weak from sitting, but are needed to help support you.
- Helps to realign your spine over its base of support and to reactivate your legs.

Prepare:

Sit on top of your sit-bones with your feet planted flat on the floor. Notice your breath.

- Action:
1. Stomp your feet to activate their connection to the floor.
 2. Using only your feet pressing into the floor, rock forward and back on your sit-bones.
 3. Try sitting on your hands in order to feel the different surfaces of your sit-bones as they rotate over your fingers.
 4. Now use your planted feet to scoot your chair forward and back on the floor. Try to use your connection to the floor through your feet and hamstrings more than your quadriceps or abdominal muscles.

Notice: Avoid using fronts of thighs (quadriceps) or abdominal muscles, which interfere with proper functioning of hamstrings (back of thighs), psoas (deep abdominal muscle, extending from inner thigh to lower and mid-back), and pelvic floor muscles. Practice periodically, throughout the day.



Arch and Curl

Purpose:

- Develops awareness of tailbone movement.
- Develops connectivity through your whole spine, from head to tail.
- Wakes up and stretches your torso.

Prepare:

Sit on top of your sit-bones with your feet planted flat on the floor. Notice your breath.

Action: Exaggerate the forward and back rocking on the sit-bones (see exercise above) to involve the whole spine. Initiate the movement from your head and tail simultaneously. Sequence the movement all the way through your spine, softening into your center *without activating your abdominal muscles*.

Notice: Avoid grabbing the abdominal muscles. If you feel activity in your abs, try making the movement smaller. Simply enjoy the soft, fluid flexibility of your spine in concert with your breath.

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Shoulder Lift/Drop

Purpose:

Tension in your neck and shoulders is not only uncomfortable, but is also a contributing factor for repetitive strain injuries. Learn to avoid tensing your neck and shoulders unnecessarily when you are using your hands and arms.

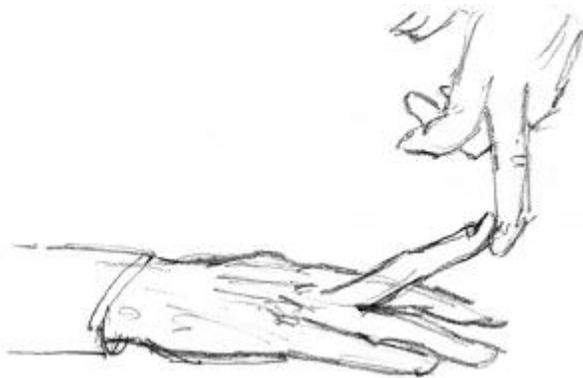
Prepare:

Sit or stand with arms hanging at your sides.

Action: Gently lift your shoulders as you inhale and drop them as you exhale. At first make large movements: raise your shoulders as high as is comfortable, and then let them drop. Then make the shoulder lifts almost imperceptible, and notice how your shoulder lets go a little more at the end of each lift/drop.

Notice: How do dropped (released) shoulders feel different from held shoulders? How does dropping your shoulders feel different from forcing them down?

Hand Massage



1. Use thumb and fingers of one hand to roll each finger of the other hand above every joint. Think of rolling the flesh around the bone.
2. Rest one hand on the table (palm down). Use the other hand to draw little circles in the air with each finger of the resting hand.
3. Then lift each finger and let it snap back to the table.
4. Repeat for the other hand.



Jaw Massage

Trace the edges of your jawbone until you reach the joint where your jaw hinges with the skull. Use a circular motion of your fingertips to massage this joint, which may require considerable pressure. Tension in your jaw directly influences neck tension.