

Alignment BREAKDOWN

D R A W S

SKULL

Draw your ears back over your shoulders to allow your neck to relax and avoid injury.

SHOULDERS/RIBS

Draw your shoulder blades back and down and knit your ribs together to activate your core and create more room for breath.

TUMMY

Draw your belly button toward your spine.

PELVIS/HIPS

Draw your hips back over your heels to create greater center of gravity, increasing balance. Your pelvis tilts to a neutral position as you draw your pelvic floor muscles upward.

FEET & HANDS

Root yourself down through all 4 corners of each hand and foot (knuckles of the pointer and pinky toes/fingers and outside edges of the heels and palms).

For greater ballance, engage "half foot" aka press down through the tips of your big toes.

S P I N E

LATERAL MOVEMENT

Bending from one side to the other creates greater blood and spinal fluid flow/movement.

VERTICAL MOVEMENT

Folding forward and bending backward decreases pressure on your spine and massages your muscles. It also creates stronger posture and increases your balance.

TWISTS

Rotating your hips and shoulders in opposite directions massages your organs and increases mobility in your spine. (Be gentle and mindful of how deep you are twisting and how much weight is being carried).

B R E A T H

Movement Follows Breath

CALMING BREATH

Diaphragmatic breaths aka "Belly Breaths" are long and slow breaths that cause your belly to expand. They create healing hormones that are released in your brain and carried throughout your body to help restore wellness.

FIRE BREATH

Rapid inhales and exhales from your diaphragm allow your body to regenerate its oxygen supply and carry itself in a difficult position for greater length of time.
(4 short breaths in and out followed by one long)



P R A C T I C E N O T P E R F E C T I O N

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