



## SESSION INTENTION:

Re-boot your Core

This session is intended to deepen your understanding of your abdominal layers. It will help you connect with all of the tissues of your core, the soft and hard tissues of your torso and spine. You will learn how to functionally condition the muscles of your core with a multi-directional approach.

### Warm up

- How to activate your tubular core – Feet under lungs / Butt 20%
- Boomerang side bend or on the wall / Back extensions with glutes activated
- Revolved abdominal pose with blocked knees

### Workout

Minivini revolved abdominal pose

- begin with knees bent knees pinned together palms to floor  
maintain tubular core while knees tap the ground, maintain parallel
- progress to straight legs- waist twists and legs descend to the ground.

Apanasana w/ Abdominal contraction

- Knee deep to chest/ roll the torso to knee to nose/ wrap hands to foot  
Shoot hands past feet and hold for 2 breaths

Back extensions

Back extensions with side lateral extension and flexion

Back extension with superman

### Core ball work

Ball crunches – ball behind shoulders neutral spine

Foot rises 2-4 inches

Knee to 90% closed chain / hand to same knee

Knee to 90% closed chain with opposite hand to knee apply pressure to

Outside

Mega Plank/with Mountain climbers

Side lateral flexion with ball under side pelvis for release of obliques

**\* Joy is one of natures greatest medicines** Catherine Ponder



**SESSION INTENTION:**

This session is to deconstruct to reconstruct your hips! You will learn new techniques to connect to your tissues which comprise of your core.

A great Booty massage will improve overall circulation and locate adhesions and knots that prevent functional core reactivity.

Meow Cow beginning at the tail, small undulations to progress to head.. small movements at a time, your progression will be mimic a wave up and down your spine.

Release your Quadratus Lumborum with Alpha ball

Find space between your ribs and Iliac crest to side of spine, deposit ball there, begin with knees bent- extend both legs – bend the side with the ball and abduct knee to side / if able drop both knees.

Release your Psoas with Alpha ball/ corgeousball to inside of ASIS

Alpha ball to the glute max muscle – exploring tissue

Original balls to the glute medius and mimimus, leg aductions and spacial bicycles!  
Contract release technique

Seated spinal twist/ with variations / 4 stretch with variations

Hamstring on a block /or bench/ chair

Quad (front of leg) release with original balls  
Knee releases with Alpha ball

Seated forward fold & runners lunge

Breath work- Yogic complete breath/ Viloma breath

- **Think deeply; speak gently; love much; laugh often ; work hard ; give freely ; be kind.....** Anonymous



**SESSION INTENTION:**

This session will introduce new methods of shoulder strengthening and release. You'll learn the anatomy of your rotator cuff, how to strengthen and re-align the intricate shoulder tissues to help with shoulder function and posture.

**Pre-hab:**

Tubular Core – standing tall, ribs and pelvis aligned- sono-tube courseau

Pranic bath/ minivini –shoulder warm up and breath

Shoulder circles Elevate-Retract- Depress

Shoulder flossing w/ strap

**Re-construct:**

Exterior shoulder rotations w/ closed chain blanket or strap

Raise the Chalice (block)

Protract/ Retract – standing with tubular core- From hands and knees

Body surfing standing / on blanket/ or floor keep shoulders depressed

Matador circles- hold blanket or strap and shoulder height, circle with tension

Prone – Scapular retraction

**Re-hab:**

Single arm crucifix- use toes for more intensity

Thread the needle /Open sesame/ scorpion (use block )

- **Sometimes I need to go off on my own, Im not sad, Im not angry, Im recharging my batteries\***

Kristen Butler



**SESSSION INTENTION:**

This session will take you through a deconstruction of your shoulders, neck and upper back. You will learn new techniques to sooth, re-hydrate , eliminate stress, and improve your posture.

Superspinatus shoulder release- under the lip of your shoulder

Upper back release 1-7 positions / create a valley between your spine with the balls, strip / cross fiber / contract relax / double ball on thoracic spine

Deltoid release- ball under side shoulder, add traction with other ball on top

Pec Minor release with block / double release with 2 blocks

Neck release, with twist and reverse twist of head

Sub-scapular/ occipital release balls in tote lay head on block / Alpha

Facial release with balls

**\*We are so often caught up in our destination that we forget to appreciate the journey, especially the goodness of the people we meet on the way.**

**Appreciation is a wonderful feeling, don't overlook it.** Anonymous



**SESSION INTENTION:**

This session is to teach you how to increase the flexibility of your hips, to integrate strength, and tonality. You will learn new techniques to release and live free of pain and discomfort in daily life.

Parasarita Lunges- Separate feet by 2-3 feet, squat down so the knees are at a 90%, back is flat and core is integrated, feet parallel to mat. Use the abductors outside thighs to propel yourself from one side to the other, majority of weight in the heels!

Asymmetrical Forward Bend with block /first tested without block

Hip hikers- from standing on a block, lift hip with sidewall- may have to use wall for support.

Hip hikers from kneeling on block

Joint stacking with revolved pose- begin with long legs, windmill and stack feet then go to bent knees and stack knees begin by windmill then proceed with both.

Happy Baby Minivini- begin with half happy baby, grab the inside of foot, knee to ground, joint stacked, your entire pelvis will rock to the side, its ok to have the pelvis tilted away from the ground.

Leg stretch #2 ish, maintain the tilted from the ground open the knee for a moment to sample opening of the hamstring.

Cross the leg back to an upward pigeon across the chest, changing hands.

The leg ultimately adducts all the way across the chest until it is extended and spinal twist is achieved.

Find a fluid flow—Minivini

Leg stretch #1

Leg stretch #2

Leg stretch #3

All of the above with a block

Do all with strap and floor then add the block to intensify.

Ball work for the SI joints

**Nothing can bring you peace but yourself** Ralph Waldo Emerson

Renee will assist you in learning techniques to self-sooth, massage, and re-hydrate tissues that limber you up and help you to either maintain or progress toward a pain and stress-free life. You will gain tools to make self-care a part of your daily routine and have an opportunity to head out on the river for a meditative kayak or canoe adventure.

## Body and Soul Retreat Schedule

	2023-15 sunday	2023-16 mon	2023-17 Tues	2023-18 wed	2023-19 Thursday
07:30:00		For the Sheering pleasure of Re- structure Your tissues		Early morning Re-boot Core session	Checkout will be this am, Please have your bags Ready for pick up at your cottage by 10am
8:30am		Lodge Breakfast delivered to your cottage	Lodge Breakfast delivered to your cottage if not on the river	Lodge Breakfast delivered to your cottage	Lodge Breakfast Delivered to your cottage
10:30am 12:00		Shoulder Ball Bliss & Re-boot	Morning hike / paddle	Yoga Tune-Up® re-boot your hips Workshop	Yin Yoga
12:00pm		Free	Free	Free	
12:30pm		Lunch	Lunch	Lunch	Lunch
1:30pm		Yoga Tune-Up® Ball bliss Hip Workshop	Breath and Bliss  Turn ON your OFF switch	From Chaos to Calm/ Karen	
4:00pm	Check In				
6:00pm	Social Hour	Social Hour	Social Hour	Social Hour	
7:00pm	Dinner	Dinner	Dinner	Dinner	
8:00pm	Yoga/ music		Sound Bath	Evening fire	



Our Bodies have the tools, and are meant to deal with stress- stress can have a positive response. We are built to deal with certain amounts of stress , however after time, our stress response turns into depletion, we have a deadline in our own resiliency.

Our way to fill up our tank, or so to speak is to access our Vagus nerve, this is our rest and digest nerve. Its the longest nerve, in our autonomic nervous system ( peripheral nervous system that influences the function of our internal organs). This is the primary system in control of our fight or flight response.

Our Vagus Nerve is the Captain of your inner nervous system, it begins in our brain, follows our spine, past our throat, behind our lungs, heart, and into your stomach. In saying this it passes through our entire torso, it is called the vagus nerve because of it acts like its wandering. We need to learn how to access it, to know when to switch it off.

We need to stimulate this nerve in order to access our para-sympathetic nervous system or down regulating system, and find calm, or switch out of our sympathetic state, our up regulating system, finding that fine balance between too much energy and not enough. Our Sympathetic nervous system, when on, induces our bodies to release cortisol, and adrenaline.

Think Bear attack!

Our para-sympathetic nervous system is stimulated with down regulation, breath work, meditation or something simple enough as watching a fire. It introduces a cellular shift in us, to simulate turning off a light switch.

\*Lay on your back with the ball under the back of your head, breathe find your calm. Roll your head gently back and forth over the ball until your mind calms. Continue every few minutes 2” lower on your spine towards your bottom of your ribs, be observant of your breath.

\*Lay on your stomach place the ball under your ribs where it becomes an inverted V, breathe into the ball taking slow breaths. Then move your ribs slowly from side to side allowing the ball to access your diaphragm. Take a deep breath, hold your breath and contract your entire body, exhale and allow your body to absorb the ball, continue.

\*Lay on side with the ball under your ribs, place your top hand on your ribs with a slight compression downwards, and breathe as deeply as you can, for 2-5 minutes, continue to the other side.\* Box breath- close your eyes, envision a box above you, breathe in 4 counts up the left side, hold your breath across the top, continue down the right side exhale 4 counts and hold across the bottom. Continue this pattern for 3-5 minutes

There is value in doing nothing!



### Yoga Tune Up®

Yoga Tune up is a unique style of yoga, fitness and corrective movement that builds and trains the body to be and feel longer and stronger. It builds breath awareness, and will enhance your everyday activities by making you more aware of the space that you live in.

Yoga Tune up® encourages you to become a student of your own body, to become open to find blind spots, and discovering unhealthy tension patterns.

Jill Miller is the innovator of Yoga Tune Up®

You will learn new techniques to mobilize tissue in areas of overuse, underuse, miss-use, confused, and abused.

Why use these techniques?

Global Embodied Awareness

Discover new ranges of motion

Reduce and learn how to cope with stress level

Re-learn how to breathe

Body awareness