



Movement and Mindfulness with Sadie Saccoccie

Yoga/Stretching with breath incorporated

Stop doing anything that hurts or doesn't feel good, listen to your body. Trust yourself,

Full Body awakening in less than 30 minutes.

Feel free to stop and stay- breathing into areas of tension if it feels good.

Find a seat, a chair if possible. Sit nice and tall!

10-12 reps per stretch & side

2-3 second holds in the stretch while breathing

1. "Yes"

Sitting tall in your chair, bring your arms behind your head and interlace your fingers if possible.

- Inhale with a neutral spine
- Exhale bringing your chin to your chest, and slightly assisting the back of the head with your hands to deepen the stretch... no forcing
- Reset at neutral

2. "No"

- Inhale at neutral
- Exhale, gaze goes over the shoulder, and your hand can come up to your jawline to assist/deepen the stretch
- Reset at neutral
- Make sure to do both sides

3. "Maybe So"

- Start neutral
- Gaze to one side on an Inhale, bringing chin over shoulder
- Exhale tilting the ear over same shoulder, chin lifts up
- Same side arm can lift over head to assist/deepen the stretch
- Inhale to come back to neutral to reset
- Make sure to do both sides

4. Serve the Platter

- Extend arm out to the front-keeping shoulders relaxed
- Inhale making a “U” shape with the arm
- Scooping down & up across the body
- Assist with opposing hand on elbow to deepen stretch
- Do both sides

5. Bent Elbow Shoulder Stretch

- Start from elbow bent across the body (Pledge of Allegiance position)
- Inhale as opposing arm reaches up to the elbow to assist in the stretch
- Exhale sliding bent arm over the top of the shoulder till end range is met
- Do both sides

6. Twist + Dip

- Starting seated in a chair, nice tall spine, interlace hands behind head or behind the ears
- Inhale twisting the torso to one side
- Exhale Dipping the elbow to the outside of the same side knee
- Inhale to reset
- Make sure to stay and breathe into the stretch if it feels nice
- Do both sides

7. Ankle over Knee Hip Opener

- From a seated position, both feet planted on the ground
- Raising one leg to place the ankle over the knee
- Sitting up nice and tall, Inhale lifting the bent knee towards the body
- Exhale dropping the knee down toward the ground
- If you're looking for more here you can Inhale with a tall back
- Exhale to fold your torso over your legs
- Reset on an Inhale
- Do both sides

8. Leg Swings

- Anchoring down on one side, holding onto a counter-top, chair, bed frame; planting same side leg firmly to the ground
- Opposing leg swings straight front to back
- You can also do side to side here
- Switch sides
- Breathing while moving here

9. Wide Leg Forward Fold to Yogi Squat

- Standing with legs just a bit wider than hip width distance apart
- Inhale arms overhead
- Exhale folding forward
- Breathing here, holding the shins, ankles, feet wherever feels comfortable
- Exhale to come down into a squat bringing your elbows inside the knees
- You can use your breath now to float from folding forward to yogi squat

10. Spiderman Crawl

- Find some space, maybe the driveway, or the stretch from kitchen to living room?
- From a standing position, Inhale lifting one leg up bending the knee and flexing the foot
- Exhale lunge forward and come down into a runner's lunge, hands inside the front foot
- Walking the hands and simultaneously walking your back leg forward into the front foot of a runners lunge
- Continue to walk the hands and feet forward like a spidey crawl, turn around and crawl the other way

11. Lift, Lunge, Pivot

- Inhale lift one leg up towards the belly
- Exhale drop into a lunge
- Hold for a breath
- Inhale pivot the back foot around, other foot extends and you point and touch the toe
- 5 Reps and switch sides