

Movement and Breath Techniques for the Grief Process

3 Daily practices that work wonders:

- Go to bed and wake up early (10pm-6am)
- Oil the skin daily (Google "Abhyanga practice" or call me 813-401-6534)
- 10-15min of Restorative Postures (perhaps before bed)

Abhyanga:



The ayurvedic massage is traditionally performed in the morning, before your bath or shower. Use coconut oil, cured sesame oil, an herbalized massage oil, or an aroma massage oil. Apply it lightly to the entire body. Wait for 4-5 minutes to let some of the oil be absorbed by your skin. Then massage the entire body, applying even pressure with the whole hand -- palm and fingers.

After you're done, relax for 10-15 minutes, letting the oil and the massage do their magic. Dab excess oil off with paper towels if you like, then follow with a relaxing warm bath or shower.

Restorative Yoga:

Throughout the whole practice, be sure to breathe deeply. Feel the belly expand on the inhale, and press all the air out of the lungs on an exhale.



Child's Pose -

Stack up blankets and pillows to lay over. They should be high enough so that you do not have to "work" at all to stretch. Just lay over them and allow yourself to melt forward. Your back will eventually release tension.



Chest Opening Pose –

Fold over the opposite way, allowing the back to arch slightly over pillows and blankets. Arms should be free on the side or opened out into a "T". Legs can be folded, or bent with feet on the floor.



Side Twists

Bring your knees into your chest. Then allow them to lower to your side. For a deep stretch, open your arms into a "T" position and look out over your arm that is opposite your knees. Repeat on the other side.

Finish the series by hugging knees into the chest and breathe deeply here for at least 1 min.



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