

MOBILITY WORKSHOP

OTF CH-Timberlyne's guide to more mindful movement.

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INTRODUCTIONS

5 minutes

What's your **name**?

Why are you **here**?

What's one thing you're hoping to **learn**?

What's one **problem** you're hoping to **solve**?

5:00 – 6:00

AGENDA

Why Should You Stay?

Breath Work

Dynamic Movement

Cat/Cow Drill

Static Movement

Hip Mobility Drill

Child's Pose Drill

Yoga Flow

WHY SHOULD YOU STAY?

Develop strength and flexibility and reduce risk of injury.

Improve blood flow to reduce muscle cramping.

Encourage recovery to affected areas post-workout.

Improve range of motion in the joints.

Decrease delayed-onset muscle soreness (DOMS).

Reduce muscle tension.

Prime the muscles to repair and grow.

Calm your body and mind.

BREATH WORK

Benefits of mindful breathing

A mindful focus on breath has many benefits.

Mindful breathing (breath work) is a powerful tool that can be used to **improve mental** and **physical health**.

Physical benefits include: endurance improvement, smoother digestion, quicker, deeper sleep, lower heart rate and blood pressure, and a strengthened immune system.

Mental benefits include stress reduction, energy increase, enhanced motivation, and enhanced clarity.

Better breath means **better mind-body relationships**.

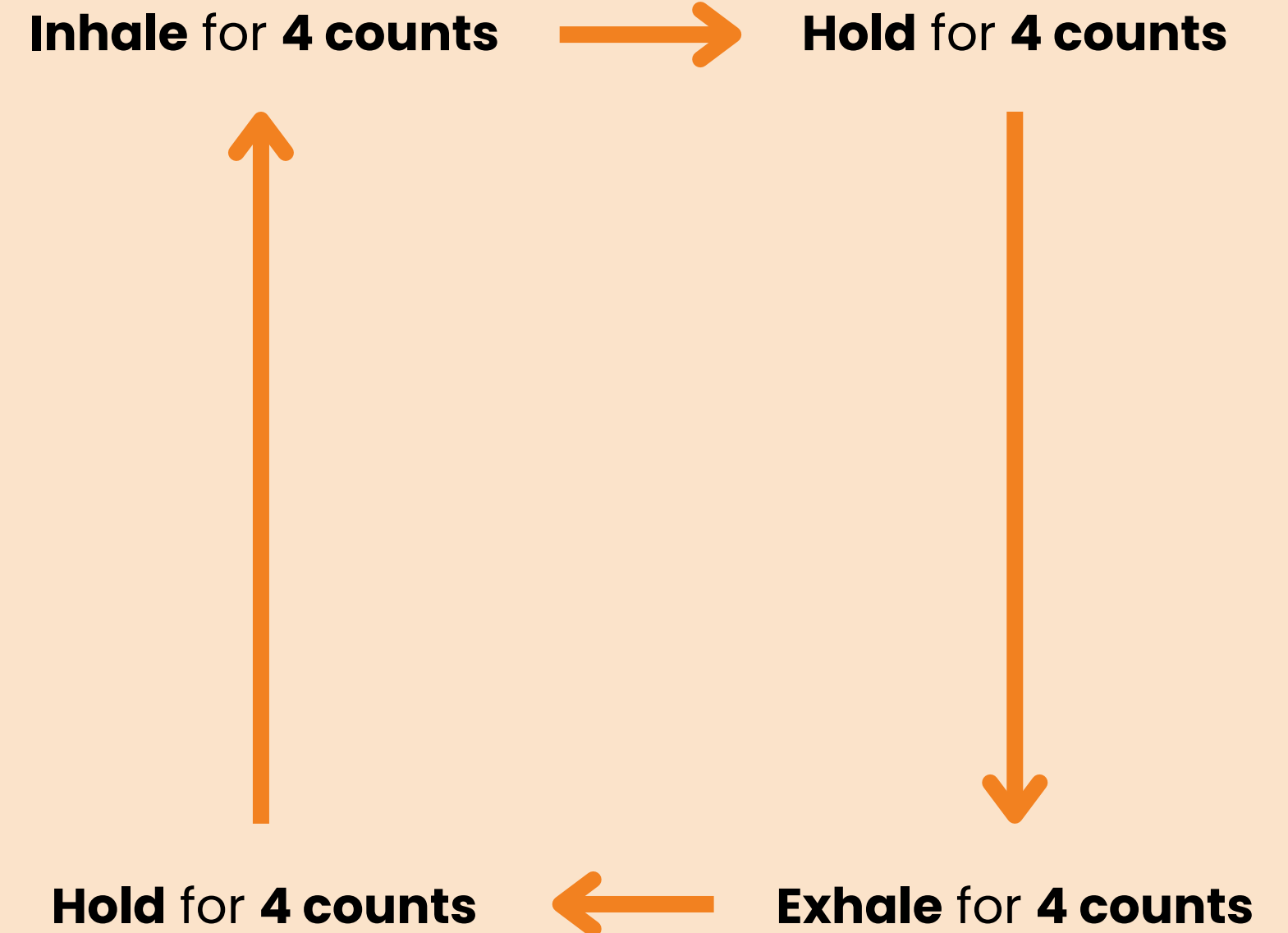
So what's the trick?

BOX BREATHING

Box breathing is **simple relaxation technique** that involves “drawing a box” with your breath. It can help reduce stress, improve focus, calm the mind and body, and regulate emotions.

Other breath styles include: **Nasal Breathing, Belly (Diaphragmatic) Breathing**

**Remember the pulsing heart that always shows up at the end of class? That heart is guiding a slow, 4-count breath—So it’s the perfect time to practice this type of breathing!*



Dynamic flexibility is the capacity to move muscles and joints through their full **range of motion (ROM)** during **active movement**.

Dynamic movements during **post-workout mobility practices** should mimic muscle use from the workout to promote an effective release of built-up tension.

When performing **dynamic exercises**, start with a **small range of motion (ROM)** and gradually increase it with every repetition.

Dynamic movement **keeps the body warm** as it transitions from a period of **high heart rate energy** to a period of **resting heart rate energy**.

Dynamic movement promotes **blood flow** to ensure that enough oxygen reaches fatigued muscles.

Dynamic movement **increases joint and muscle mobility**, which may help prevent injury.

DYNAMIC MOVEMENT

Keeping the body moving

CAT/COW DRILL

The **mobile transition** from Cat Pose to Cow Pose is **dynamic movement**.

**During dynamic movement, each pose is typically held for ~2-5 seconds.*



STATIC MOVEMENT

Letting the body rest

During **static movement**, muscles are held in the same elongated positions without motion.

Static movements are slow and controlled with emphasis on **postural awareness** and **body alignment**. Proper form is critical, as poor form over time can lead to muscular imbalances.

Static movement has a **relaxation effect** on muscles which increases **range of motion (ROM)**, **decreases muscular stiffness**, and may reduce risk of injury.

Static movement may help **lengthen muscles**, which is ideal for achieving optimal flexibility.

Static movements should only be performed after a workout. Prolonged stretching before a workout can **reduce reaction time**, weaken performance, and increase risk of injury. Static movements on “cold” muscles are not recommended.

HIP MOBILITY DRILL

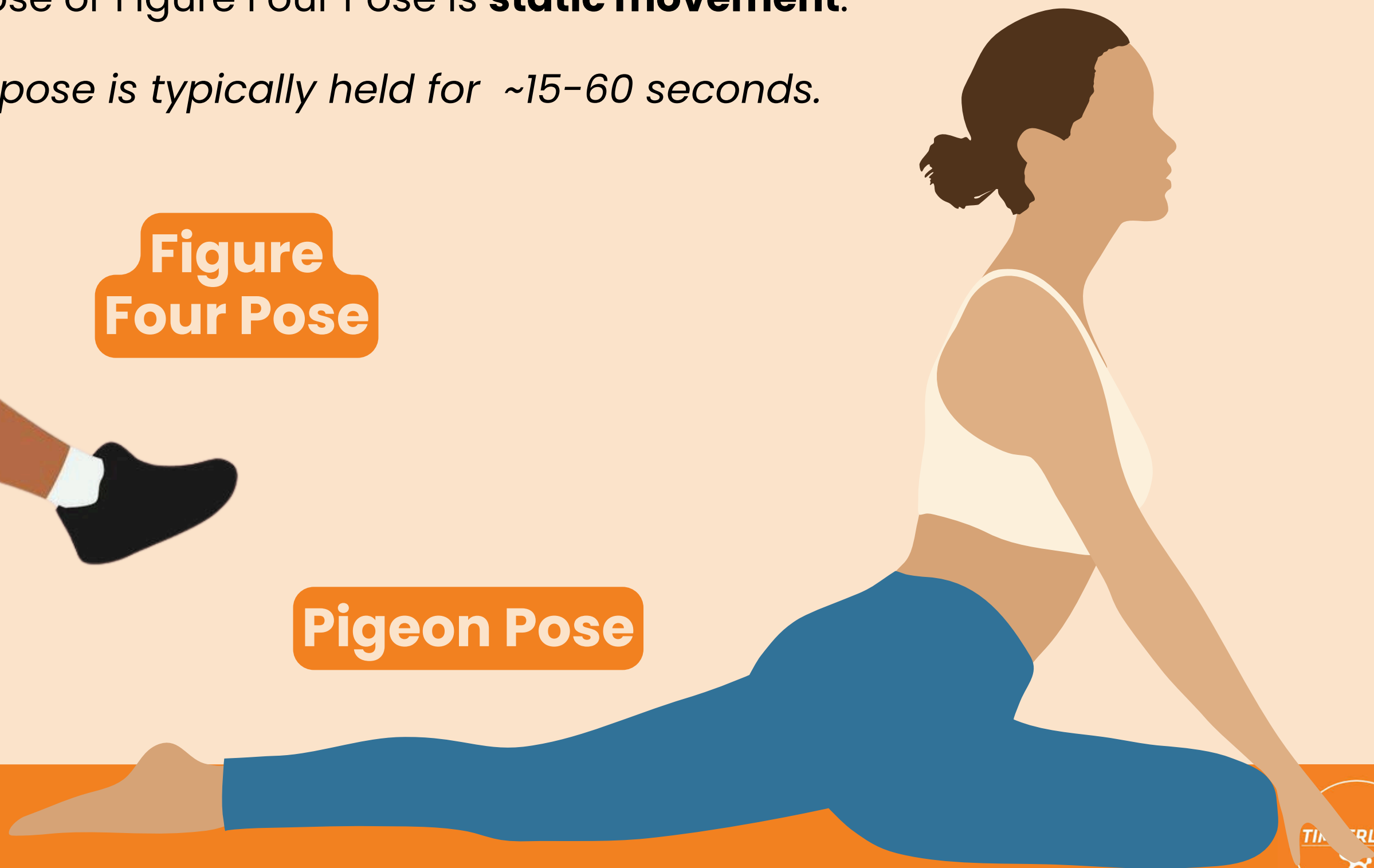
The **prolonged hold** of Pigeon Pose or Figure Four Pose is **static movement**.

**During static movement, each pose is typically held for ~15–60 seconds.*



Figure
Four Pose

Pigeon Pose



CHILD'S POSE DRILL

Child's Pose is also an example of **static movement**.

Child's Pose has many muscular benefits, including enhanced hip flexor mobility and decreased back pain. It's especially helpful for desk-workers.

Child's Pose is a **forward bend pose**, meaning it allows the ability to **fully relax the body**. This allows for a special focus on **breathing techniques**.

Child's Pose

In Child's Pose:

Inhale through the **nose** to a count of **four**

Hold the breath at the "top" for a count of **two**

Exhale through the **mouth** to a count of **four**



YOGA FLOW

~15 minutes

What's different about the **warm-up** (the first 6-8 minutes) **versus** the **cool-down** (the last 6-8 minutes)?

How was everything discussed today incorporated into the flow?

**A “flow” is a sequence of poses in the practice of yoga.*