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# 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**.

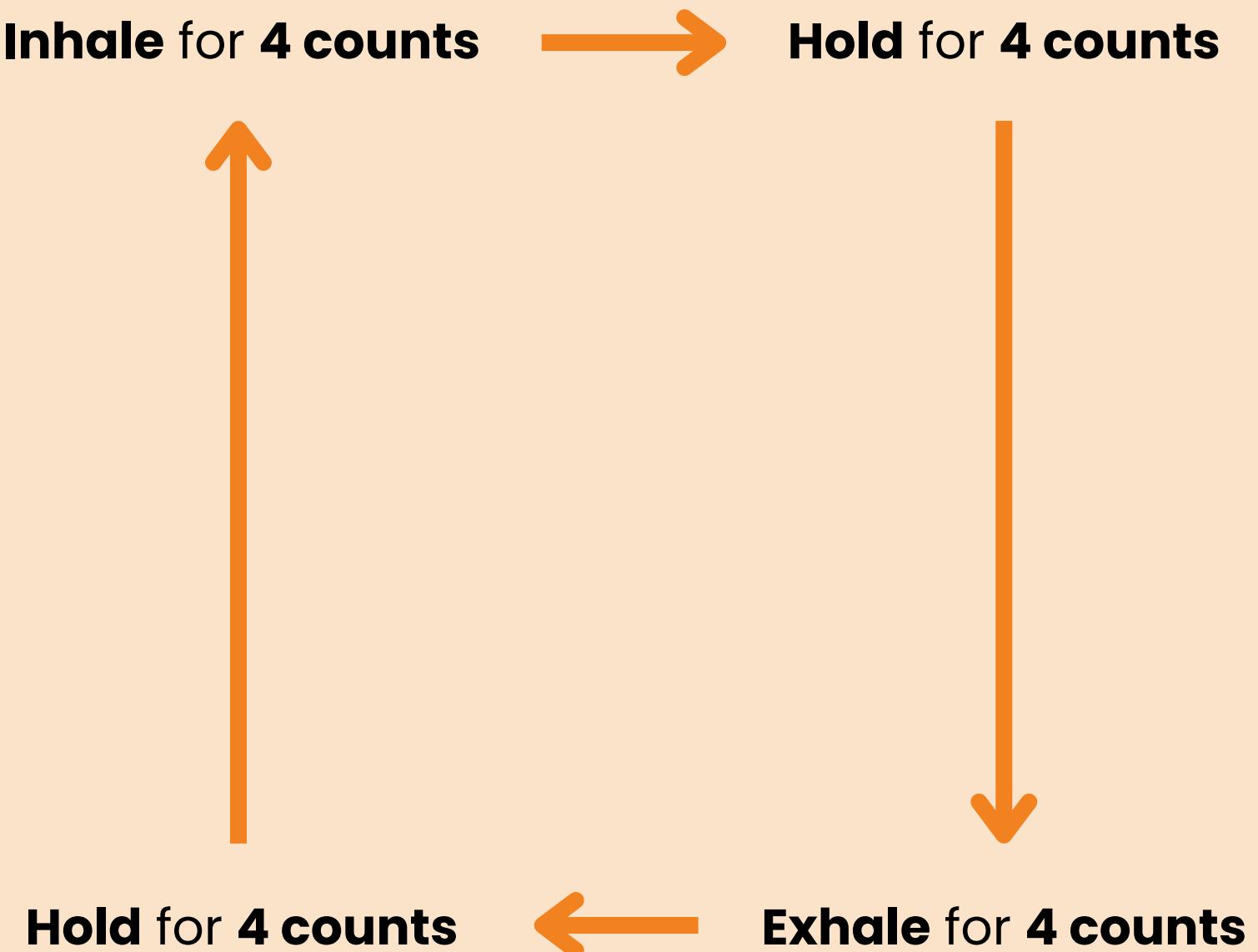
So what's the trick?

# 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.

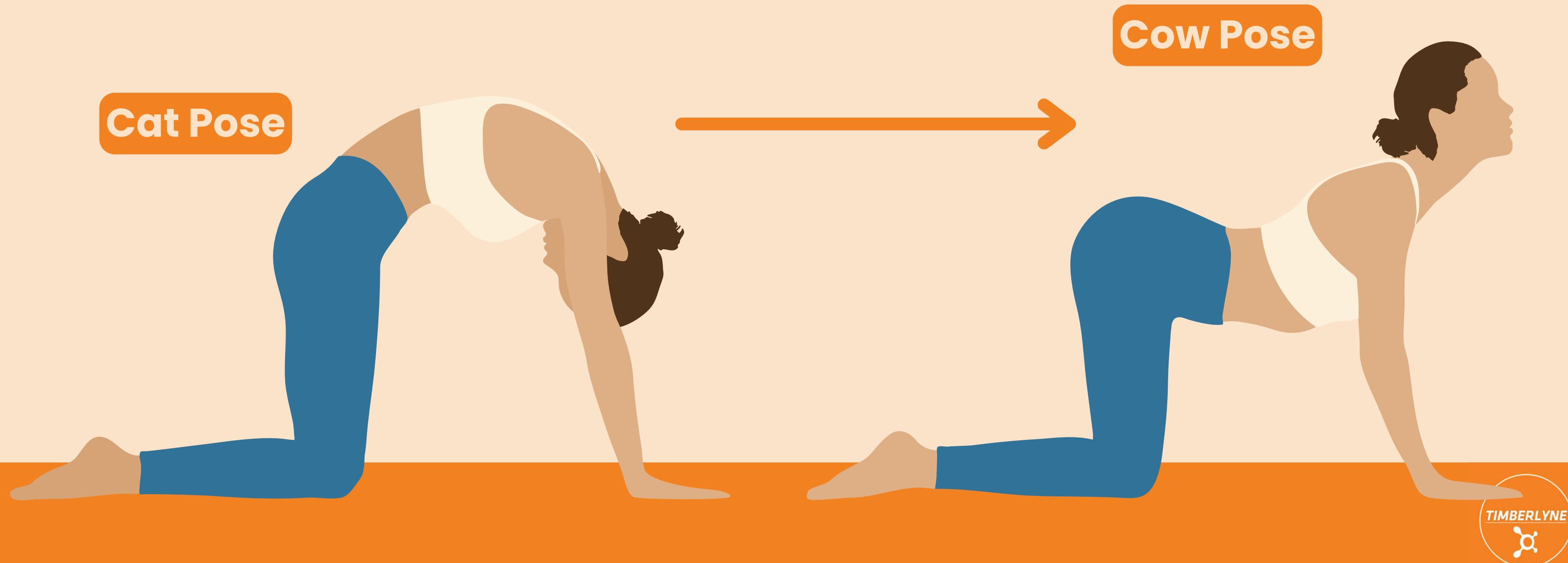
# DYNAMIC MOVEMENT

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.

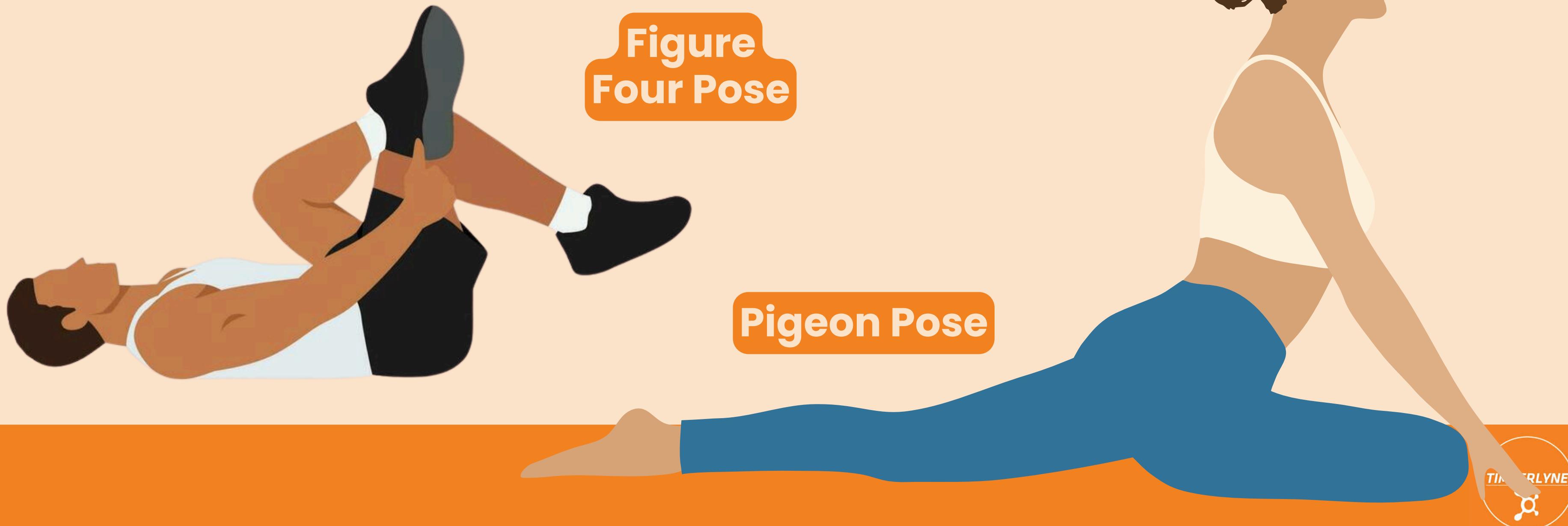
Static movement may help **lengthen muscles**, which is ideal for achieving optimal flexibility.

**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.*



# 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.*