

Why Yoga-Based Movement

Yoga-based movement folds the spine in six directions to help us have a relaxed body and a mind that is awake and alert.

Put your hand on your neck and on your lower back. These two curves of the spine are connected to the relaxation response in the body.

When we fold the spine forward in movements (like child's pose, standing **forward fold** or down dog), it helps our body get relaxed and brings fresh blood to the brain.

When we bend our spine backwards (back bends), we energize the body. Back bends help us feel more awake.

Side stretches open up the ribcage to help us breathe better and can also wake us up.

Twists help us feel more energized and help detoxify the body.

Balance movements (like tree, dancer and eagle) help us focus.

We can use Yoga-based movements to connect to our breath and to change how we feel—to wake us up or to calm us down. If you are feeling stressed or hyper, a forward fold might help you calm down. If you are tired, a back bend might help wake you up.

When you start to put movements together, **we can help our minds, bodies and hearts become more focused, centered, calm, energized, and balanced.**

