

# PETROS

*Resilience for Life*



# Be Kind To Your Mind

Episode 6

## Compassion and Mindfulness

**A Petros Production**

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## Compassion and mindfulness

Move Fluidly into each pose holding for 5 to 6 breaths on each pose, breaths should be slow and Purposeful.

This flow will improve your compassion for yourself Reconnecting mind and body.

The last pose moves you into a relaxation pose, use this opportunity to relax the mind and body and just focus on your breaths for as long as needed to feel the benefits of being mindful, you will feel relaxed, Refreshed and Revitalised.

Clam mind healthy body.

### 1 Cat-Cow Stretch

1. Start by coming onto all fours with your knees underneath your hips and your wrists underneath your shoulders.
2. Do a few Cat-Cow Stretches For warm up, arching your back on your inhalations and rounding your spine on your exhalations. Remember to keep your belly hugging in throughout both motions.

This is a fantastic way to warm up your abdomen as it targets the rectus abdominis and external obliques. Think about pulling in your abdomen as you inhale and relaxing it on the exhale.

### 2 Hands and knees balance

This pose is a great opportunity to fire up and strengthen the obliques and the transversus abdominis which help to stabilize you in this pose! Focus on hugging your abs in towards center creating a corset effect.

1. Return to your hands and knees with your spine in a neutral position.
2. Lift your right leg and straighten it, holding it parallel to the floor. Flex your right foot strongly.
3. When you feel stable, raise your left arm, also parallel to the floor.

Stay in Hands and Knees Balance for 5 breaths.

Repeat with the left leg and right arm raised.



### 3 Down dog splits

This pose is highly stabilizing. While you're balancing here this will ask the external obliques to engage along with your transversus abdominis, the deepest of the abdominal muscles. Focus on hugging the ribs back and in to avoid back bending.

1. Come back onto all fours. Curl your toes under and draw your hips back as you straighten your legs into Downward facing dog. Keep your belly hugging in towards your spine.

2. On an inhale, raise your right leg until it is roughly parallel to the floor, coming to a Down dog split. It's OK to lift your leg higher if you can do so while keeping your hips squared towards the floor.

Hold for 5 breaths.

Repeat with the left leg lifted.

### 4 Plank pose

This is a terrific full core workout as it engages both the internal and external muscles of the abdomen including the obliques, transverse, and rectus abdominis. Focus on drawing the navel towards the spine.

1. Come forward into Plank Pose.

2. Remember that the distance between your hands and your feet should be the same in Plank as in Down Dog. Pay attention to the position of your hips. You don't want your bum to stick up or sag down.

Hold for 3 to 5 breaths.



## 5 Side Plank Pose

This pose will help strengthen the internal obliques and rectus abdominis which can prevent hyperextension of the spine. Think about lifting up sideways as if your torso could rise.

1. From Plank, shift your weight onto your right arm as you roll onto the outside of your right foot.
2. Keep both of your legs straight as you stack your left foot on top of the right. You can also stagger the feet one behind the other if that's a better fit.
3. Lift your left arm up towards the ceiling and your gaze to the left fingertips, coming into Side Plank.

After 3 to 5 breaths, roll back to the center and do the other side, resting in Downward Facing Dog between the two sides if you like.

## 6 High Lunge

A good opportunity to train your core to keep you upright while balancing in this pose. Focus on pulling in the navel in while hugging your ribs towards one another to fire up your internal and external obliques as well as your rectus abdominus.

1. Come back to Downward Facing Dog and rest for five breaths.
2. Bring your right foot forward next to your right hand.
3. Bend your right knee and align it over your right ankle so that your right thigh is parallel to the floor.
4. Raise both arms up towards the ceiling, coming into a High Lunge.

Stay for 5 Breaths



## 7 Half Moon Pose

This pose helps to strengthen the external and internal obliques along with the rectus abdominals, thus helping to protect the lumbar spine while allowing you to safely rotate into a balancing posture. Focus on lifting up sideways while hugging your ribs in towards your center.

1. From High Lunge, bring the left hand to your waist.
2. Place your right fingertips 30 to 40 cm in front of your right foot and straighten your right leg as you lift your left leg parallel to the mat.

Hold 3-5 breaths.

## 8 Chair Pose

Chair pose can warm you up quickly while strengthening the rectus abdominis, external obliques and transversus abdominis. Draw your navel in towards your spine while knitting your ribs towards one another.

1. drop the left foot down next to your right foot.
2. Bring both arms up and bend your knees, coming into Awkward chair pose.

Hold 5 breaths.

## 9 Boat Pose

An excellent workout for the transversus abdominis, toning the abdominal organs as you balance. Pull the navel back and up and lift through the sternum.

1. Come to sit on your mat.
2. Bring the legs straight up to a 45-degree angle, coming into Boat pose. The torso will naturally fall back, but do not let the spine collapse.
3. Make a "V" shape with the body.
4. Bring the arms out straight in line with the shoulders.



Beginners' Variation: Bend your knees, bringing your shins parallel to the floor. This is called Half Boat. If this is tough to maintain, you can hold on to the backs of your thighs.

Challenge Variation: Once you have established the pose, release the legs and torso simultaneously down towards the floor and hover there. Come back up into the pose like a sit-up. Do this as many times as you can.

## 10 Relaxed pose

Come to lie on the back for a well-deserved rest and now take 10 to 20 deep breaths and go into a relaxed state of mind to finish.

Please use this last pose to have a little time to relax just Focus on your breaths, Empty the mind for as long as you need.





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