



Physical Therapy

Session 2

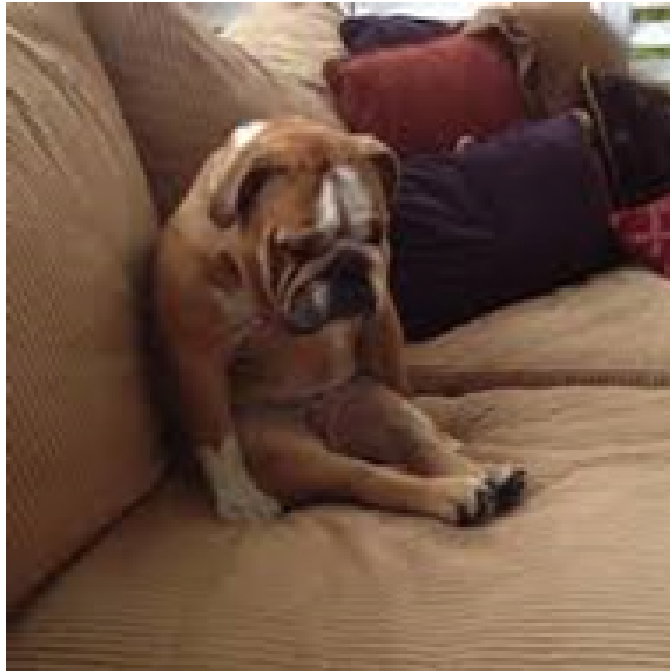
The Root Of It All

Mind: Body Awareness, **Modification**, Ease vs Effort

Body: Breathing, **Posture**, **Core**, Positioning, Qigong

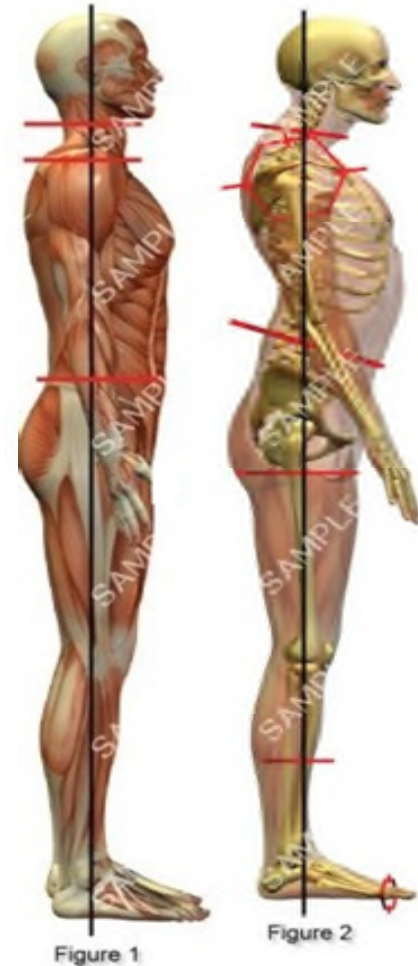


What is Good Posture?

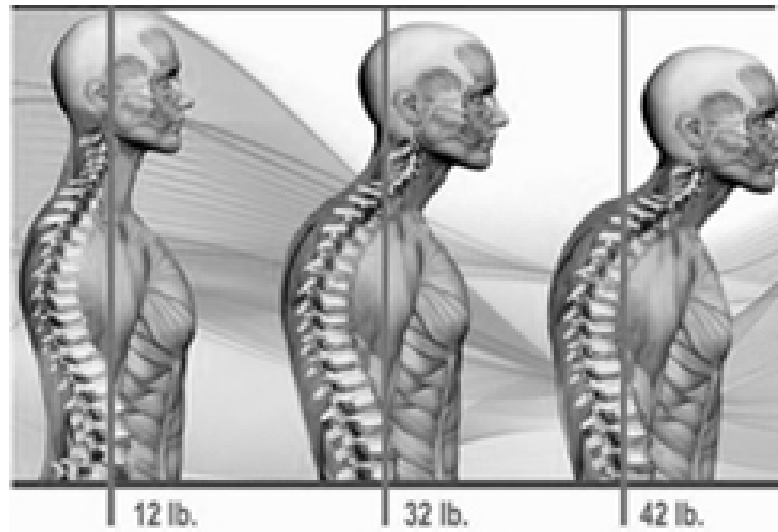


Why is Posture Important?

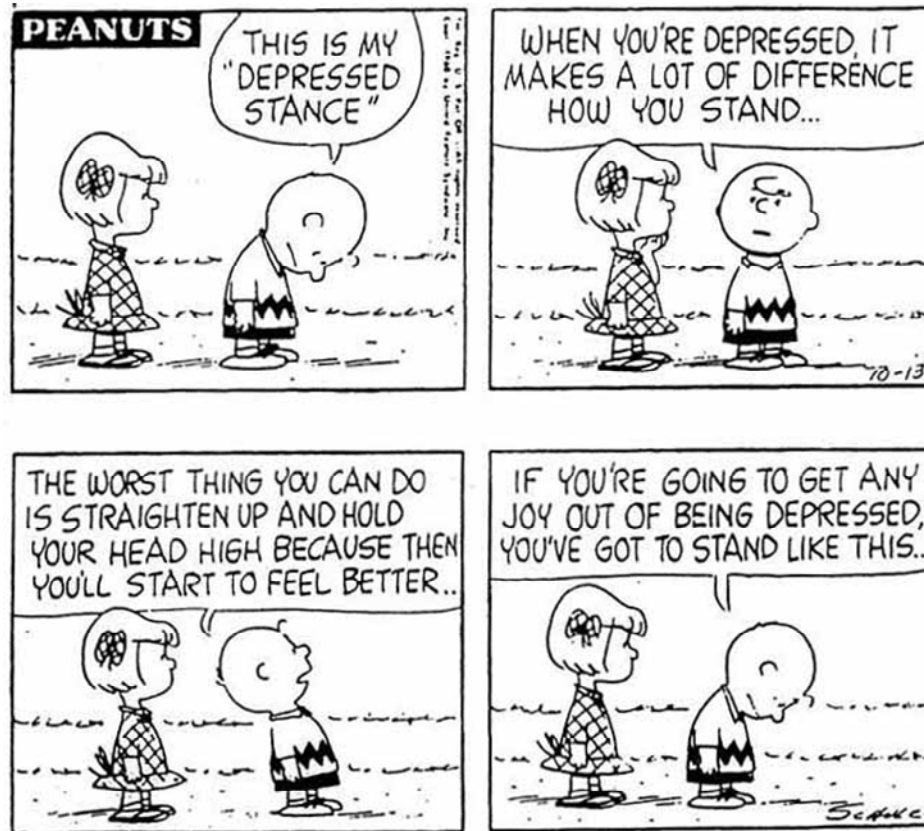
- Promotes musculoskeletal function with spacious alignment
- Decreases joint and tissue stress
- Improves digestion
- Improves oxygen exchange



Head Positioning



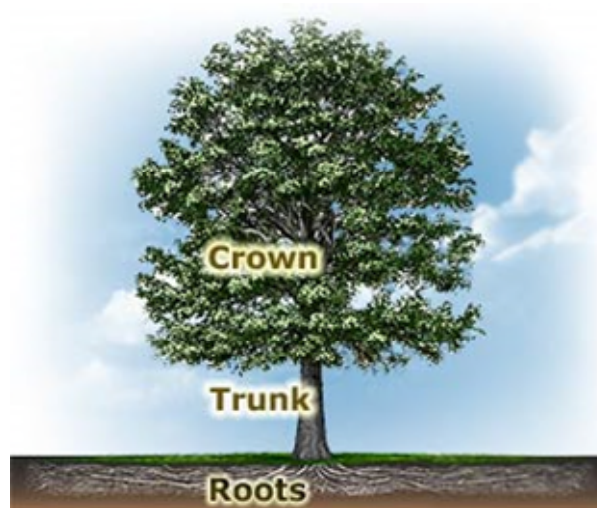
Mind Body Connection



Let's Practice Improving our Posture

Gently **lengthen** your spine from the **bottom up**

What do you feel?



Modification

What do you do with the information?



Sitting with Ease



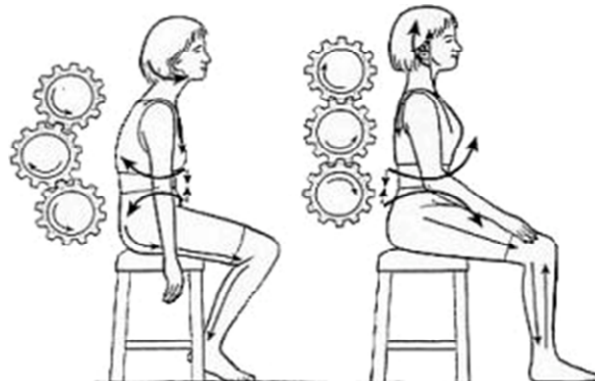
Let's Practice

Posture and the Core

What do you feel in a lengthened posture?

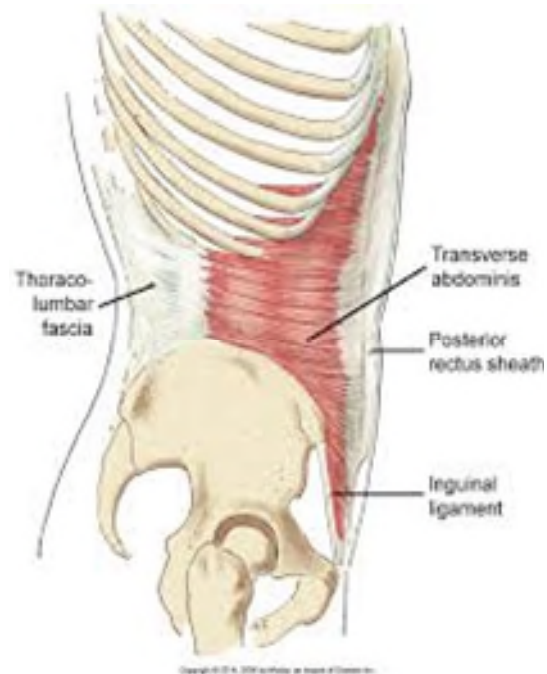
Stay lengthened, then pull belly button in

Now, try to slouch...



How do you think the core effects posture?

What is “the Core”?



The Importance of the Core

The core is the **foundation** of all our movement.

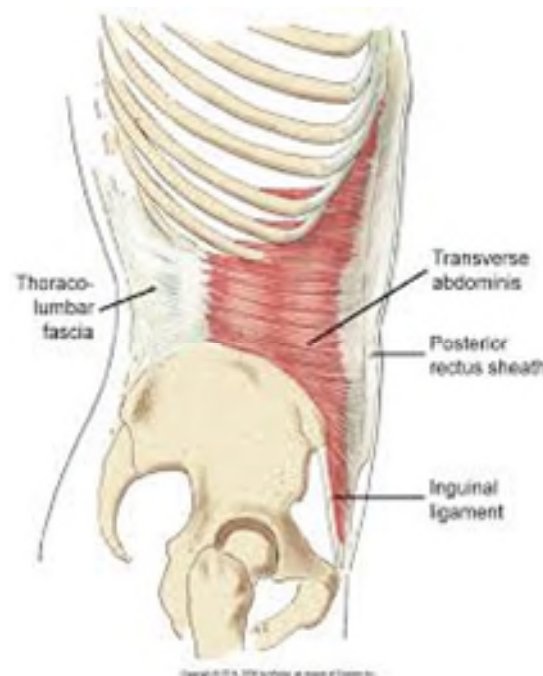


Would you build a house on a weak foundation?

Let's Notice

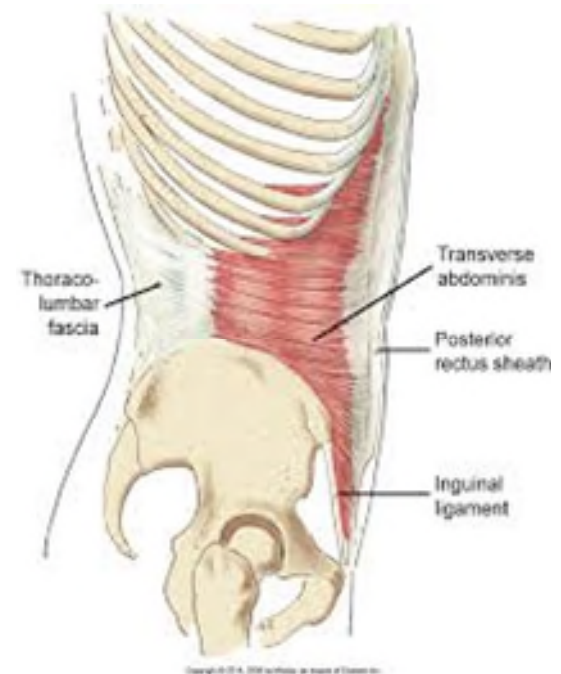
- Pull your belly button in with ease
- Now, relax
- **Relax again**

What did you feel?



Breathing and the Core

- Diaphragmatic breathing re-boots the nervous system.
- The core is the body's foundation.
- They are separate functions that work together.



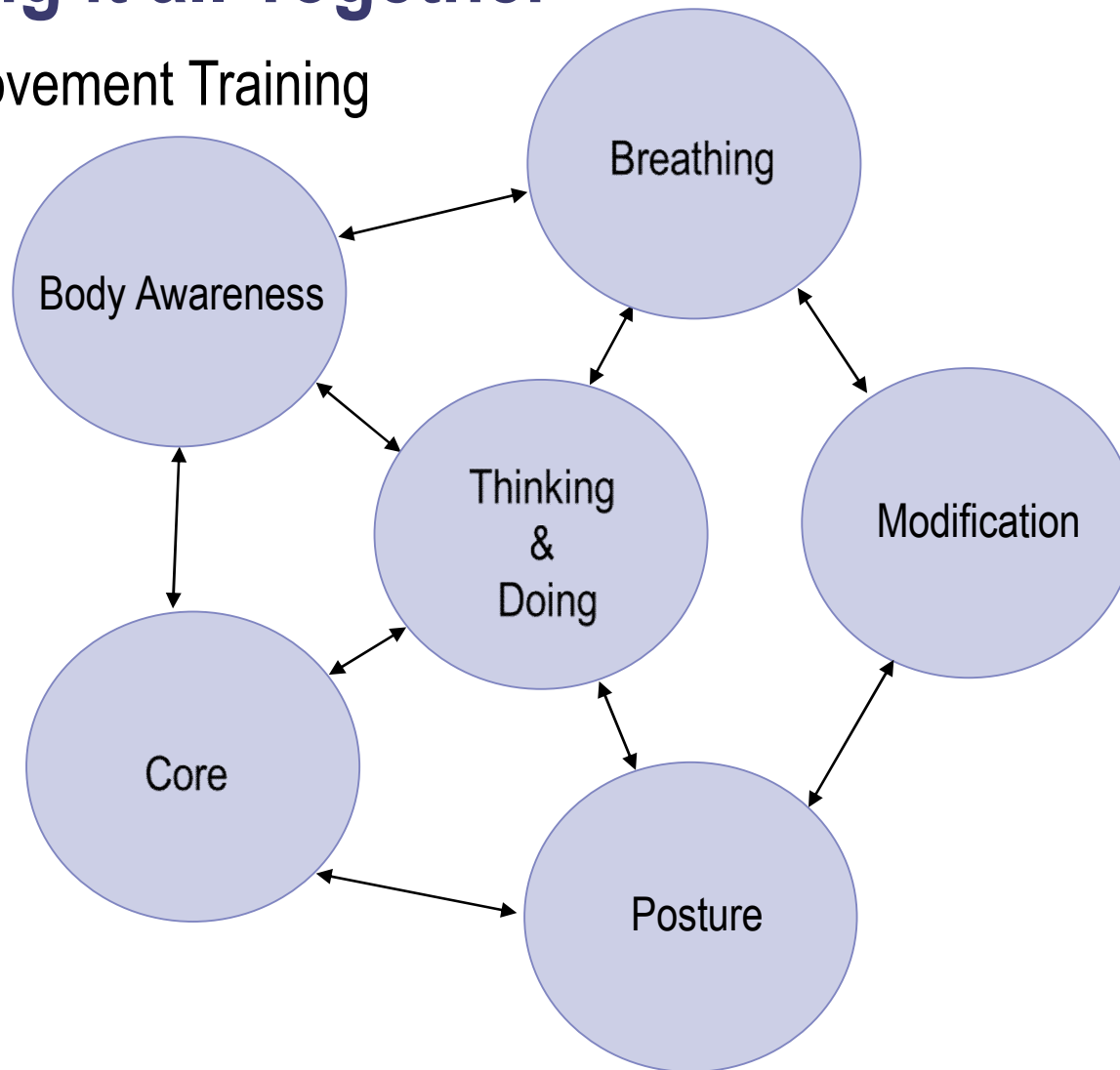
Let's Practice

- **Inhale** as your belly rises
- **Exhale** and as your belly falls, slowly pull **belly button in** with ease
- **Inhale** releasing the belly
- **Exhale** and relax

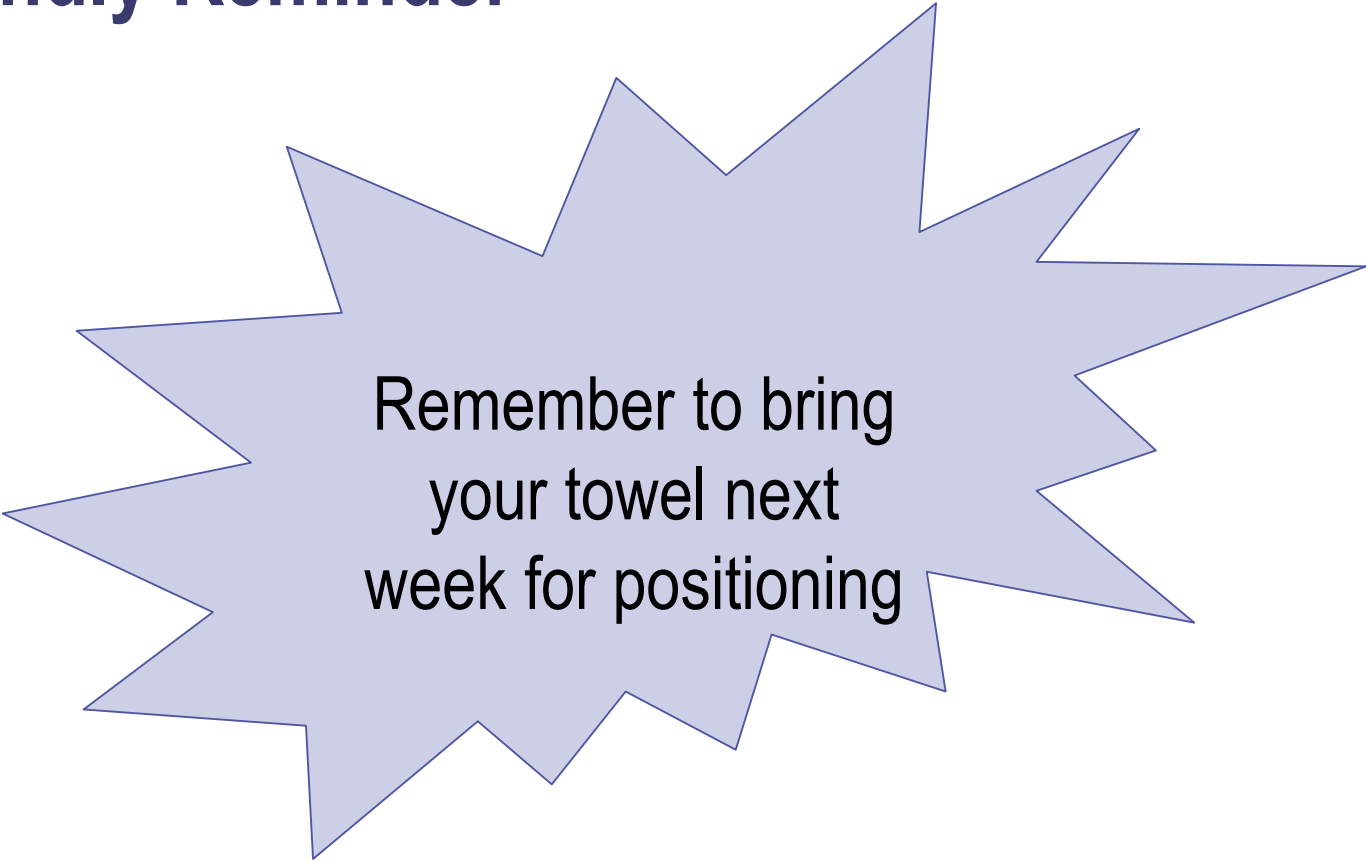


Bringing it all Together

This is Movement Training



Friendly Reminder



Remember to bring
your towel next
week for positioning