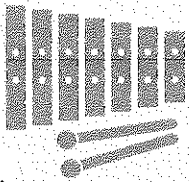


MINDFUL MOVEMENT FOR THE WELL MUSICIAN




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1

Mindful Movement


- Breath awareness
- Body awareness (tension and release)
- Spinal ROM
- Pre-performance techniques
- Reducing potential for injury:
 - Dynamic movement for warm-ups
 - Core stability for freedom and power
 - Mid- and post-practice stretches



2

5 Directional Movements of Spine


- Axial Extension
 - Posture/alignment
- Backbends
 - Extension; energizing
- Forward bends
 - Flexion; calming
- Lateral bends
 - Deeper breathing
- Twists
 - Release tension



3

Practicing safely

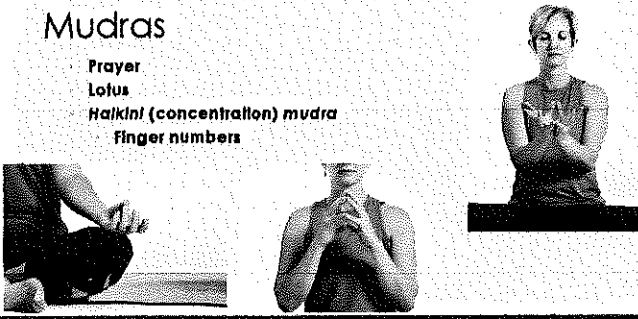
- Injuries and misalignments
 - Osteoporosis
 - Osteoarthritis
- Appropriate modifications
 - Limit forward flexion and seated poses
 - Emphasize extension and standing poses
 - Include restorative poses



4

Mudras

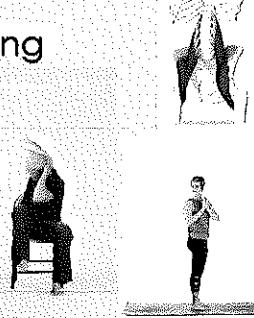
- Prayer
- Lotus
- Halkini (concentration) mudra
- Finger numbers



5

Preparing for Teaching


- Mountain pose
- Arm flow with mindful breathing
- Standing cat/cow
- Dynamic twist
- Flowing eagle: Crossing midline
- Standing poses: stork and lunge
- Chair elbow-to-knee



6

Warming Up with Students

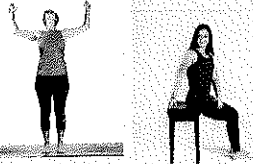
- Shoulder rolls and drops
- Cactus and side body flow
- Seated cat/cow
- Neck rolls and turns
- Chest pulses
- "Firecrackers" and palm lifts
- Bellydancer rolls, clasped roll
- Prayer flow



7

Stretching (Midway/Post-Practice)

- "Cactus" pose
- Clasped hands behind/in front
- Forward fold (shoulder stretch)
- Wrists
- Traction
- Prayer bend
- Flexion/extension of wrist
- Arm stretch (cow face arms)
- Neck stretch
- Seated twist



8

Sitting for Long Periods

- Chair cat/cow
- Seated hip openers
- Figure Four stretch
- Hamstring stretch, Inner thigh stretch
- Supine hip openers

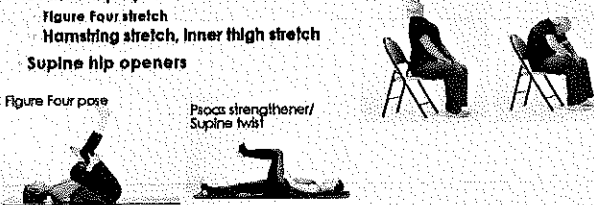



Figure Four pose

Procs strengthener/Supine twist

9



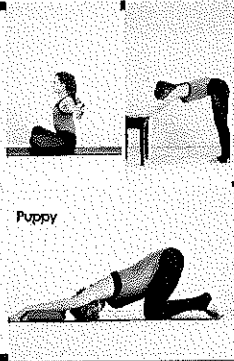
Pranayama for Musicians

- Lengthening exhale or inhale; retaining breath after exhale or inhale
- "Triangle breathing"
- Uninostri breathing
- Left=calming
- Right=energizing
- Alternate nostril breathing

10

Shoulder Mobility

- Nerve flossing with strap
- Modified downward-facing dog with chair/bench
- Puppy pose (optional block)
- "Clock pose"

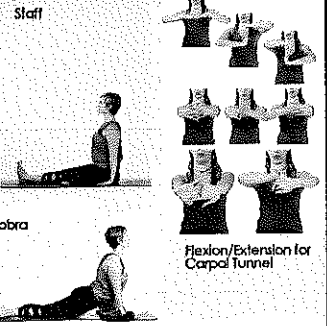


Puppy

11

Relief from Injury

- Carpal tunnel syndrome
- Staff pose
- Flexion/extension wrist traction
- Cobra pose
- Blanket under wrist




Staff

Cobra

Flexion/Extension for Carpal Tunnel

12

Pre-Performance Routines




Helicopter

- **Calming**
 - Emphasis on long holds and supine/seated postures
 - More forward folds
 - Longer exhalations or left nostril breathing
- **Energizing**
 - Emphasis on standing and dynamic movement
 - More backbends
 - Longer inhalations, right nostril breathing, or *Kapalabhati pranayama*.
- **Grounding**
 - Emphasis on standing
 - Helicopter pose
 - Balance poses


13

Restorative Poses

- "Eye palming"
- **Constructive rest**
- **Stonehenge or 90/90**



90/90




Constructive Rest


14

Restorative Inversions


- **Legs-up-the-wall**
- **Bridge (supported)**
- **Supported fish pose**



Legs-Up-the-Wall



Bridge pose




Supported fish pose

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Resources

Etsy link for Yoga Decks



- [Yoga in the Music Studio](#)
- [Yoga Decks on Etsy](#)
 - [Yoga for Musicians](#)
 - [Music and Yoga for Children Yoga Decks](#)
- [Musician's Yoga by Mia Olson](#)
- [YogaforAllMusicians.com](#)

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NOTES

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