



NIROGA®

Transforming Lives and Healing Communities

15-Minute Transformative Life/Leadership Skills (TLS) Protocol

Movement

Breath

Benefits

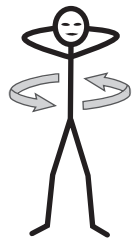


Belly Breathing:

Sit with tall spine, chest open and eyes closed (if comfortable). Bring hands to belly; push belly out when breathing in, and pull belly in when breathing out.

Belly expands with each inhale, and contracts with each exhale. Follow the breath for 2 min. Breathe slow and deep.

Calming, centering. Increases body awareness and awareness of breathing patterns. Reduces effects of stress by activating Parasympathetic Nervous System.

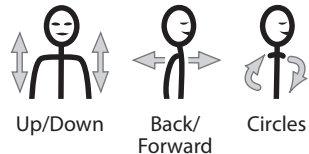


Vertical Trunk Twist:

(12X each side) Hands behind head, elbows out to side, stable stance. Begin twist from hips. Lift opposite heel from side you are twisting to.

Quick exhale as you twist ("puff of air"). Inhale as you transition through the center without stopping.

Increase spinal mobility; more nutrition into intervertebral discs. Detoxifying. Helps to breathe better. Stretches intercostal muscles (between ribs). Energizing.



Up/Down

Back/
Forward

Circles

1)

2)

3)

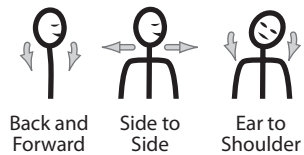
Shoulder Movements:

(3-5X in each direction)

- 1) up/down with fingers clasped in front of you
- 2) forward/back with fingers clasped behind your back
- 3) circles with arms by sides; reverse direction of circles

- 1) Inhale shoulders up. Exhale shoulders down.
- 2) Inhale opening chest. Exhale stretching out upper back/collapsing chest.
- 3) Inhale when shoulders are back/up. Exhale when shoulders are forward/down.

Stretch upper back; relieve accumulated tension in upper torso. Opens chest, making more room for the breath. Good for reducing depression and breaking down emotional armoring.



Back and
Forward

Side to
Side

Ear to
Shoulder

1)

2)

3)

Neck Movements:

(3-5X times in each direction)

- 1) bend neck back and forward
- 2) rotate chin side to side
- 3) drop ear towards shoulder

- 1) Inhale lifting head up and back. Exhale drop chin to chest.
- 2) Inhale center. Exhale look to side.
- 3) Inhale center. Exhale drop ear to shoulder.

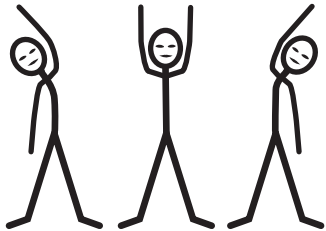
Enhance cervical spine range of motion; relieve tension in neck. Cultivate body awareness. Increase mindfulness. Increases blood flow to brain.

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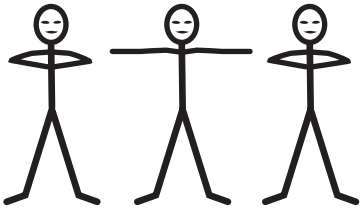


Standing Side Bend:

(3-5X each side) Start with stable stance. Bring arms up, spine is neutral. Release one arm down. Bend towards side of lowered arm, lengthening opposite side of body from heel to fingertips. Keep head and neck relaxed.

Inhale bringing both arms up.
Exhale to one side.
Inhale back to center.
Exhale to other side.
Inhale back to center.

Lateral stretch for spine and muscles on sides of torso. Helps to open room for fuller breathing. Reduces tension. Good for organs on sides of body (spleen, liver...)



Rhythmic Thoracic Breathing:

(8X) Standing with feet wider than hip distance. Start with palms together at chest. Stretch arms out and back, opening chest, and bring hands back together to chest. 4 count inhale, 8 count exhale.

Bringing arms out to the sides on inhale (count of 4) — opening chest — and bringing hands back together on exhale (count of 8). 4:8 count should be done at own pace without strain.

Increase pulmonary efficiency; relaxing, rejuvenating. Good for reducing anxiety. Activates Parasympathetic Nervous System (relaxation response). Reduces Traumatic Stress.



Sitting Belly/Rhythmic Breathing and Meditation:

Sitting with tall spine, shoulders and face relaxed. Bring hands to belly and breathe into belly. Breathe in to 4 counts and out to 8 counts at a comfortable pace.

Belly expands with each inhale and contracts with each exhale.
**Then return to natural breath and spend one minute just watching the natural breath and noticing how you feel. Practice listening without negative judgment. Watch yourself watching your breath.

Increases mindfulness.
Calming.
Centering.
Reduces Stress.
Increases focus and concentration.
Increases connection to self.