



Video Transcript

Heal Boundaries With Somatic Stretching

Hello, welcome to reconnecting to the Container. This is a boundaries practice and we'll do it from a seated position. I invite you to find a chair, one that you can place your feet flat on the floor. This practice is to connect you with the body and with the beam. So maybe if you've had a little bit of a discombobulated day here, you can make some space to recenter.

And get back to yourself. We're going to start with a forward fold from the chair. So when you're ready, start hinging forward and allow the hands to make their way down the legs or all the way to the floor. And if for any reason this depth of forward fold doesn't feel comfortable for you, you can always just place the forearms right above the knees, or even hands right above the knees and shift yourself forward.

Here we're trying to release the lower back.

Feel the way the feet support you against the earth and allow the chin to drop all the way to the chest. The head hangs as heavy as it actually.

Here we have lots of space for the belly to expand and contract, and depending on your position, you might be able to feel the belly move against the tops of the legs. Feeling the breath in this way can be a very grounding practice.

Breathe in and let it out. Tuck the chin to the chest and roll the spine all the way up. From here, we'll cross the left leg over the right into a figure four position. Hold onto your left ankle with the left hand. We'll, we'll start circling the left foot around with the right hand.

This is a great way to get back in touch with the feet. And of course, the feet is what grounds us to the earth

in reverse direction.

If you are experiencing any areas of tension in the feet, you could also take a moment to massage out the feet in any which way. Press on any areas of tension, maybe pull or lengthen the toes. We hold a lot of tension in our feet.

Now that the left foot's feeling a little bit more awake. Let's take our forearms right on top of the left shin. Hinge forward into a forward hole. Here we're getting into the hips. If it's within your practice, you could fold forward all the way to the floor. For right now, I'm just going to stay lifted.

Think about there being a flat back here. So just shifting to the side for some perspective. We are trying to avoid rounding the back in this position. Instead, the heart is lifted and there's a long line from the crown of the head all the way to the tail ball.

Breathe in and out. Rise up and let's switch sides. Left foot on the floor, right ankle crosses over at the left. Let's start with those ankle circles.

Send some love to your feet. We don't often touch our own feet.

In reverse direction.

Once again, if you need a little extra movement, a little extra touch or pressing, be separating the toes, feel the spaces in between. I carry a lot of tension in my arches, so it feels good to use my thumbs and press out those tight spots.

Now, take your forms right to the shin. Remember, lift the heart forward, breathe in and exhale, hinge just a little bit more to feel some opening in the right glue. You could always take the hands down to the floor into a deeper forward fold.

We'll stay here just for a few breath.

Breathe in and down.

Rise up. Uncross the legs, both feet flat on the floor. Once again, take your hands, palms down on the left. And we will do some seeded cat cow. Once again, giving you a side angle. Inhale, lift your heart forward, gaze up, roll the shoulders back, and exhale, tuck the chin to the chest, round the back, just like cow Kat from table, but seated.

Feel the full range of movement up the spine.

You can always pause for a moment and work out a area of tension.

Let's do one more round.

Now. Roll the spine upright. Inhale, reach the arms up, hold onto the left wrist with the right hand. Keep the shoulders facing forward and side bend over to the right to lengthen the left side body. You can always gaze up towards the left.

Visualize the line of energy all the way down the left side body here. We're trying to avoid collapsing or rounding forward. Inhale, rise up. Switch the grip. Hold onto the right wrist. Exhale side, bend to the left. Gently pull on the right hand and gaze up towards the right.

Let's take one more side. Bend each way. Inhale, lift, switch the grip side. Bend to the right. Stretch the left side. All the way down to the outer left hip, we feel length, an openness.

Inhale, lift, switch, and exhale side. Bend to the left. Lengthen the right side.

Inhale, sit up tall. Reach the arms up. Exhale, take your right hand down to the outside of the left knee. Left hand reaches behind you and takes a hold of the back of the chair or the back of the couch. If you're sitting in a position that doesn't have a back, you could always reach your left hand all the way over to the right side with the back of the left hand.

Taking a gentle bind around the lower back. I like to hold onto the back of the chair for a little bit more attention to increase the range of motion within the twist. Inhale, lift up through the crown of the head. Exhale, gaze over the left shoulder.

Breathe in face forward. Reach both arms up. Exhale, left hand crosses to the outside of the right leg and the right hand lands behind. Holding onto the back of the chair or your seat, or taking that gentle bind around the lower back. Inhale, lift up through the crown of the head. Exhale to twist a little bit further.

Visualize the spiral of the spine going all the way down from the crown of the head, spiraling down the neck, down the spine, all the way to the tailbone.

Breathe in.

Breathe out. Inhale, face forward. Reach the arms up and exhale Slowly reach the arms out to the sides. Trace a big circle around you. Feel the space. Inhale, arms out to the sides and overhead. Exhale, arms down.

Inhale, arms up.

Exhale. Arms down.

One more time. We're clearing the energetic field around us. Inhale up and exhale. Arms out to the sides.

Lastly, we're just gonna rub the tops of the legs. Maybe warm yourself up with this movement. Feel the body come back to this moment. Whatever's happened earlier in the day or earlier in the week. It's okay whenever you're anticipating. Later today or tomorrow, next week, it's okay. We're here right now.

We're breathing. We can feel the body. We we're centered in the present moment. And allow this movement just to go to the belly

and to the rib cage,

and to the heart center

and down the arms, a little bit sweeping. Down the arms

to the shoulders,

to the back of the neck,

and to the head a little bit.

You could also do this energetically if you don't wanna mess up your hair,

and then just come back to a place of stillness. Feel all the ways that the body has been reawakened.

Let's share one more breath in. End out I will have a connected day. I have a connected life. Thanks for joining me. Na Must day.