



Video Transcript

Zen Mama Reset Movement & Stretch

Welcome, everyone. My name is Rachel Nix, and today I am put together at 20 -minute Zen Mama class, which will really just include multiple exercises and stretches to help you center and restore and hopefully have enough energy to continue your day. As a mom myself, I know there are those moments where you hit the wall and you're just like, I don't know how I'm going to get through the rest of my day. But those I feel are the perfect moments to pause and pour into yourself. So I want to just start by saying congratulations for stopping and making time to pour into you to I celebrate you for that. If you have a strap or a resistance band, please grab it. I also have a set of yoga blocks. I think it's just helpful when we do different hip stretches that we have that option as well. So if you have a mat blocks and a band, that would be great. If you don't stay, you will be able to still flow through class. So first things first, find a comfortable seat. There is no right or wrong. And I just want you to place your hands down on your lap. I want us to start by grounding. As mamas, there's so many things at any given moment of the day and the night that are swirling in our brains. And we deserve moments of stillness for our minds, for our bodies, and for our spirits. I believe in these moments we are able to Just have a sense of peace, of calm, perhaps be able to celebrate our wins for the day, not just highlight the challenges. Often in our society, it isn't celebrated to be still. Just take a moment to check in with yourself without expectation, unattached to what your body tells you or what your mind tells you. Just take a moment to say, how am I? Take a deep inhale.

Again, in through the nose.

This time, just keep the mouth closed as you inhale and exhale. Inhale and exhale.

Again, inhale

and exhale go

ahead and just rub your hands together create heat between your palms and place one hand on your womb one on your heart and just feel the energy between your hand and your heart,

your womb and your hand.

Allow your body to become present in this moment.

Give your mind a break.

And then just physically ask your body, how's it feeling? try to identify any parts of the body that are feeling stuck or tight and

just send your attention, your love, your breath to those points in your body and try to release anything that isn't serving you. Let's just start with the physical and

let your intention for this session today to just be to release all right gently

allow your eyes to open and find your fingertips and just start to gently massage the neck and the shoulders staying connected to your breath

Roll the shoulder up back and down.

Usually there's like one side that likes to hang on to the tension. For me, it's this right shoulder. Lately, as soon as I get stressed, I feel them not. Just come right back. And I'm like, oh, got to do some breath work.

Just physically invite the shoulders to melt away from the ears.

And notice the quality of your breath. Is your breath deep? Is it shallow?

We want to try to really drop the breath down into the belly. Roll the shoulders up, back and down.

Awesome. Interlace your fingertips reach forward round your spine and how reach up and back and then take a side bend really try to keep your sit bones rooted as you bend and then inhale come up lengthen up and over other side good one more on either side reaching up and over and up and over.

Amazing. Let's go ahead and remove our blocks

and you're going to take the blocks to the top of your mat. I want us to just add some circles. Right, so just imagine you have a hula hoop on and allow that hula hoop to travel up the body and down. Just trying to loosen any tension we have. Sometimes static stretching can cause more tension or stress because we know the goal is to release tension. But without realizing it, we create more sometimes.

So just remember, like, you can always just like flow,

move the breath in the body. And then exhale, find a child's pose,

reach through your fingertips, spread your fingertips. Try to press all 10 toes into the ground.

One more breath.

And then walk your hands to the right. Really try to crawl your right fingertips longer than your left. Pull your hips back to your heels. Breathe
The shoulders, the back, hold a lot of tension.

Just send your breath to your right shoulder blade. Exhale.

Just as deeply as you inhale. And then walk the hands to the other side.

Reach, reach, reach.

And I want you to think about something in your life that you have no control over what is that thing in your life right now that you want to fix or change that you're struggling with because you're really not the driver of that change just think about that thing and how it affects your body how does it affect your breath all right go ahead and flip over and I want you to take your strap and wrap it around your feet now if you're seated just like this and you find yourself rolling back on your sit bones I want you to grab your block and sit right on top of it it will help you tremendously so we're going to pull our elbow points back and flex our feet so much that the heels raised from the floor. And I just literally want you to feel like you're seeing your vertebrae stack one on top of the next, right? Lengthen your energy through your crown. Feel your crowns. Seated on top of your head. And then notice if you can go a little bit deeper, right? Pull your elbow points back. Drop the shoulder blades down and then start to hinge forward and when you're ready as long as you're still on the front of your sit bones you can surrender right just drop your chin to your chest and just keep thinking about gravity reaching up to drain all of the pain the tension the stress out of you i always like to visualize a little boat. And I just place on that little boat, on that little canoe, all of the things that aren't serving me. I'm inviting them to leave. Just as I would invite a best friend into my home, I warmly invite those things that don't serve me to exit without anger or frustration, just clear, clear to create space.

And then inhale, come up, let's switch sides, extend your leg, reach up and over,

be very mindful of your top shoulder, not rolling forward, right? Roll it back, try to keep rooted through the sit bones and reach. It's not about trying to touch your toe. It's almost like you're trying to lengthen to the corner of the room. And then come on up. We're going to lie on our backs, right? And I want you to hug your knees into your chest for a full wind relieving, right? So the goal is to try and grab opposite elbows. If that's in your physical vocabulary, feel free to achieve that. If not, don't get caught up on it, what I really care about is that you're visualizing your pelvis anchoring into the mat. You're feeling your shoulders drop down, melt down into the mat. Just feel the mat absorbing your body. Take three more deep breaths. Every time you exhale, hug tighter, sink deeper, release more.

One more big, beautiful breath. Deep inhale,

let's bring our knees to the side of our body. And I just want you to circle round and round.

And notice if there are any parts of the circle that are tight, right, or bumpy, any stuck pieces. So you just want to go ahead and reverse this circle and try to allow the breath to flow in the hips so that the legs can move freely. Good, let's find a happy baby, being aware that the hips are a very vulnerable part of our bodies. And as moms, right we create life that lives in our womb we deliver life but we also hold on to intimate details of our lives in our hips in our womb and our reproductive organs so I always like to give an opportunity for the vulnerable places in my body to be safe enough to open. Then, setting them up to feel like they're failing. So I want you to view balance as, you know, something that you don't have to achieve, but that you're going to always strive to create space and time for all of your pieces, right? Because inner balance and peace are really crucial. And so if we get in the habit as women and moms, go ahead and extend your legs fully, filling our own cups, right? Then we will feel an internal balance that will help us thrive in every aspect of our lives. If we just mom, if we just work, if we just, right, only activate one piece of ourselves until the point it's an overdrive then we feel depleted reverse the circles so it's good to just kind of look at your life and say okay what piece of me is in overdrive where can I pull back and where can I speed up right awesome let's cross our legs and I want you to make sure the knees are stacked on top of each other. Flex your feet and pull your legs into your chest, filling a deep opening on the outer hips. Breathe, relax your shoulders, relax your forehead, and then switch sides. Knee on knee, flex your feet, pull. Make sure you do not drop your heels by your touch. Keep the knees in line with the ankles, the ankles in line with the knees. when you get it you'll know you're like oh i feel it breathe you have to make a conscious choice to allow things that you don't need to exit it's so interesting even just physical tension and discomfort is familiar Right? So we can get in the habit. Go ahead and rock and roll to seat it. We can get in the habit of holding on to things that don't serve us solely because we're used to them. I want to leave you with this in closing. I spoke to someone about real fulfillment. And we were discussing a relationship that he's in. And I said, but you're saying that you're not fulfilled by your partner. And he comfortably shared because it was a safe space, but it's familiar. And I've talked about this concept often, but it causes us to have courage, right? To really identify those things that we need and then even more courageous to communicate those needs out loud. What will then happen possibly is a deep, intense shedding of the familiar, which can feel like a death, but to truly be able to step into your fullness, that's inevitable. So I know you thought you just coming to stretch. But go ahead and think about that. And when you step into becoming a mother, that really can overshadow all these other beautiful pieces of yourself, but have the courage to tap into those and uncover those and allow them to see the light of the day as well

as being mommy, right? Make room for all of your pieces. So we're at time together, but I hope you have a beautiful day. Have the courage to just step into your fullness and I look forward to seeing you again soon. I'm Rachel and I'll see you next time. Bye.