WiLL Webinar Outline – 7 October 2020

Thank you for the opportunity to serve your community this afternoon. As I shared with you, it is an honor to share wellness and meditation practices with fellow political operatives. As a community we give so much to other people, but rarely extend the same courtesy to ourselves.

We are in times that are literally taking our breath away, whether it could be the coronavirus, our political environment, or the accumulated stress from societal shifts. When the breath shortens, it heightens our adrenalized and protective response – the fight or flight instinct. By deepening the breath and pausing to rest, even for short periods of time, we fortify our resilience and ability to serve from a peaceful place, and not from a place of reactivity.

Below I will outline some of the mantras I shared with you and the practice we did together. My contact information is also below if you have any questions or if my teaching practice may be of service to you or your community.

Love, grace and gratitude,

Reggie

Points to Ponder:

- Just because things are crazy externally, doesn’t mean that I have to be crazy internally.
  - Explanation: Fortifying our sense of internal peace allows us to see that we don’t have to respond from a reactive place to external stimulus. Taking time to reset through the practices outlined below (or others you may undertake), gives us distance to choose how we want to respond, rather than doing so impulsively.

- Simple definition of meditation: Using the breath and postural alignment to bring about a resting state of peace within the body.
  - When the mind is clear and calm, then we are truly able to see.
Sample Practice:

Find below the sequence of postures we did together that took 6 minutes and 30 seconds to finish. They are designed to offer balance from the texting and typing that is ubiquitous in our culture and work habits.

1. Find a comfortable seat with a tall spine, rooted in the sit bones, slightly drawing the navel toward the spine.
   a. **Why:** This engages the core and provides some support for the low back.

2. Begin to soften the gaze or close eyes altogether
   a. **Why:** To give rest to the optic nerve and to draw attention internally.

3. Begin to deepen the breath, inhaling through the nose and exhaling out of the mouth.

4. Take shoulder circles up and back. Then take shoulder circles forward with nuance (5 or 6 total in both directions).
   a. **Why:** To counter the posture typical orientation of desk life/computer work.

5. Clasp hands together and take wrist circles (30 seconds in each direction)
   a. **Why:** Offering full range of motion in the wrists to counter too much typing

6. Stretch hands, press fingers out and inhale arms over head and down. After 5 reps keep hands overhead, take shoulders back and down – practice deep breathing, postural alignment with eyes closed.

7. Take the fingers and tap the face (30 to 45 seconds)

8. Take chin to chest, make half circles on the collarbone to begin stretching the neck. Take left ear to left shoulder and massage right side of the neck with right hand. Take deep breathing here – in through the nose/out through the nose (3 or 4). Switch sides.

9. At this point you can stay seated with deep diaphragmatic breathing (belly, ribs and top of chest on the inhale, exhale out of the nose) and relax having aligned and refined the body from the chest up.

10. We also did hip circles and quad stretching using the chair.

Contact Info:

**Website:** [www.activepeaceyoga.com](http://www.activepeaceyoga.com) – Public teaching schedule, articles, sample practices. Available for private engagements, group events and other opportunities

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