

## Self-Regulation

### Engage Movement, Breath, and Ease

With Teresa Posakony

Create a Strong Foundation for your body, heart and lungs and brain.



Before and after the Ease Keys you are invited to notice what is going on at the base and the top of your spine and what is happening with your breath. Think of this as taking a snapshot of *this* moment in time.

- How are you seated? Is your tailbone tucked or aligned?
- What is the shape of your spine?
- What is happening at the top of your spine where it enters your brain?
- What do you notice about your breath?



#### *Set Your Seat*

Your sitting bones, tailbone, and pubic bone together form a strong foundation for the spine, torso, brain, and organs. Connect your built-in support system by setting your seat each time you sit down.

1. Stand up, as you are able (or lean forward in your seat).
2. Send your tailbone out and back as you sit down. Or if you prefer, imagine flipping out your tail feathers or tuxedo tails.
3. Sit back down, to set your seat.
4. Feel the strong foundation created when your sitting bones and tailbone are aligned.
5. Now rock your tailbone, alternating tucking and extending your tailbone while sitting.
6. As you alternate, keep breathing – inhale and exhale. Feel the movement of your body and breath at the same time.





### *Brain Balloon Up: Lengthen Your Spine*

Lengthen your spine to better align your brainstem within the cranial base. Ease and space around the brainstem support fluid flow and oxygen flow to the brain. Alignment of the head and neck improves brain-to-body communication.

1. Imagine your brain is a helium balloon. Your head is floating upward like a helium balloon.
2. Feel your spine lengthening.
3. Gently discover more ease and space around the brainstem and the base of your skull.
4. Imagine two helium balloons attached by strings to the top of your ears. The balloons are dancing in the wind. See if they help you create more ease.
5. Notice what changes in your body as the brain balloon floats gently upward.
6. Attune to your body and breath at the same time.



### *Feel Your Body Breathing*

Feel the sensation of your breath moving in your body. This will help you feel more regulated, like a hug for yourself.



1. Take a moment to notice your breath. Notice where you feel your breath is moving and where your breath feels like it is not moving.
2. Place one hand on your heart and the other on your belly slightly below your belly button.
3. Bring your awareness to the movement of your body breathing slowly and deeply. Feel the lungs and belly expanding with each inhale. Feel the softness of your belly on the exhale.
4. (Alternative:) Cross your arms and place your fingers under the armpits with thumbs up in front of the armpits. Feel the ribs expanding on the inhale and feel your breath moving on the exhale.
5. Center yourself in the depth of your body and breathe. Notice what has changed in the posture and sensations of your body.



### Reflection Questions:

- What changes as you set your seat?
- What changes as you lengthen your spine?
- Where is your breath moving? Has anything changed?