

### 1) Progressive Relaxation

☞ Become aware of any tension in the toes, balls of feet, arches, heels, ankles.

Relax those muscles and relax them again.

☞ Repeat for Calves, shins, back of knee, front of knee

☞ Quadriceps, hamstrings, gluts, low abdominals

☞ Low back, belly, mid-back, solar plexus, shoulder blade area, chest

☞ Shoulder tops, collar bones, rotator cuff muscles

☞ Triceps, biceps, inner elbow, outer elbow, forearms, wrists, palms, fingers

☞ Base of neck, front, sides, and back of neck, base of skull

☞ Back of skull, top and sides of head, forehead and temples

☞ Inside ear and along jaw line, inside eye, along eyebrow line, and cheekbone

☞ Lips, chin, Soft palate, and tongue

### 2) Cradling the spine

☞ R fingertips to sacrum, L fingertips to top of lumbar spine

become aware of agitation, heat or pain

consciously extend spine and let it grow heavy in your hands

notice any movement and/or sway gently with palms or fingertips and thumb

☞ R fingertips to base of neck where cervical and thoracic spine meet

☞ L hand cradles occiput

☞ R hand to top of head

☞ Thumbs above ears, third and fourth fingers to bridge of nose

Drag fingers up center of forehead and along top of head, off to side at ears

### 3) Elongating breath, extended exhale

Inhale into the belly, exhale

Inhale into the ribcage, exhale

Inhale into the lungs, exhale

Inhale belly, ribcage, lungs. Retain the breath.

Exhale lungs and ribcage and belly. Hold the breath out.

Add the arms. Inhale lift the arms overhead, exhale namaste.

Inhale lift the arms overhead, exhale hands to a T.

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## Sympathetic System

- ☞ Activates to defend body against attack
- ☞ Drains body resources
- ☞ Produces adrenaline rush
- ☞ Two imbalances: easily irritated and angry or overly anxious and fearful
- ☞ Outward focus of energy

## Parasympathetic System

- ☞ Activates to nourish, heal, and regenerate body
- ☞ Rebuilds body resources
- ☞ Adrenal drop/relaxation or lethargy
- ☞ Imbalance associated with feelings of depression and failure to progress
- ☞ Inward focus of energy

*Adaptability: choosing appropriate response to stressors and quickly bringing our systems back to a state of low-arousal*

## Symptoms of continually high state of arousal

- Rapid speech or thought
- Rapid eating
- Frequent headaches
- Heart racing
- Nail biting
- Teeth grinding

- Feeling pressed
- Impatient or anxious when waiting
- Difficulty falling asleep or staying asleep

### Three-pronged Solution

- Light-headed or dizzy
- Shallow breathing
- Nausea, diarrhea or constipation
- Cold hands and feet

- Often feeling restless
- Waking up tired
- Feeling guilty if idle
- Obsessing about undone
- Trouble concentrating

## 1) Grow Your Awareness

- ☞ Helps you better understand how your body responds to stress
- ☞ Helps you plan recuperative time after stressful events
- ☞ Increases your conscious freedom to choose heightening your adrenal arousal
- ☞ Establishes a baseline of your resting tension
- ☞ Helps you notice improvement in mastering stress

*Progressive Relaxation*

*Monitoring Heart Rate and Hand Temperature*

*Cradling the Spine Exercise*

## 2) Avoid Contributors to Idling High

- ☞ Dehydration
- ☞ Skipping meals
- ☞ White flour, sugar, caffeine, processed food
- ☞ Inadequate sleep
- ☞ Scarcity of scheduled rest time
- ☞ Rapid pace of thought, speech, or movement
- ☞ Bitterness
- ☞ Overly vigorous exercise regimen
- ☞ Sensory overload
- ☞ Late nights

## 3) Return Quickly to Low-Arousal State

*Mind: Embrace all parts of the adrenal cycle*

*Heart: Self-talk about choosing response*

*Breath: Elongated Breathing with Extended Exhale*

*Body: Somatic Floor Work-teaching ourselves on a body level that we can come in and out of sympathetic dominance*

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 are needed to see this picture.

## Workshop Feedback

1) How did you hear about the workshop?

- |  |   |
|--|---|
| <input type="checkbox"/> Flier           | <input type="checkbox"/> Friend           |
| <input type="checkbox"/> Email from Jenn | <input type="checkbox"/> Teacher          |
| <input type="checkbox"/> Email from Jan  | <input type="checkbox"/> EvoLibri Website |

2) What did you like or find helpful about the workshop? Check all that apply.

- |   |   |
|---|---|
| <input type="checkbox"/> Progressive Relaxation                   | <input type="checkbox"/> Informational Talk |
| <input type="checkbox"/> Cradling the Spine Exercise              | <input type="checkbox"/> Handout            |
| <input type="checkbox"/> Elongated Breath with<br>Extended Exhale | <input type="checkbox"/> Other              |

3) What are your suggestions for improvement?

4) What is one thing that became clear to you or that you will not forget?

5) What other of Jenn's workshops would you be likely to attend? Check all that apply

- |   |  |
|---|--|
| <input type="checkbox"/> Low back/SI relief                     | <input type="checkbox"/> Integrating the emotional self                  |
| <input type="checkbox"/> Identifying emotional issues           | <input type="checkbox"/> Somatic processing of negative<br>emotions      |
| <input type="checkbox"/> Releasing Neck and Shoulder<br>Tension | <input type="checkbox"/> Moving meditation with eye contact<br>and touch |

6) Tell us about your usual yoga practice  
eg Devi Monday 9:15 Vinyasa II  
or Yogasource Wed 12:30 Restorative

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7) Overall experience

Sorry, I wouldn't recommend it

It was okay

I enjoyed it

I loved it

8) Any other comments?

Name \_\_\_\_\_

Email \_\_\_\_\_