

LIVE!

Body Wisdom Studio

Welcome to the LIVE! online studio.

We are excited to share this live training with you! In the paragraphs that follow we'll be sharing relevant details to help you prepare for the live training.

You will need to be able to see a computer or device screen during the training as our demonstration models will be going through the moves with you. We'll be using Zoom video webinar. You will be joining as an attendee and will be able to see side-by-side video of our female and male colleagues as they demonstrate the moves with you. If you don't yet have Zoom on your computer or favorite device you can download it here: <http://www.zoom.us>

There are two different starting positions for the moves, either with legs up and fully supported or legs down feet on the floor. This will be addressed at the beginning of the training. This work is intended for self discovery and self transformation. When you take on these movements, tune in and listen to your body, you will discover an amazing connection to the gift that you already are!

Here's what you'll need for the course:

Yoga Block

Yoga Mat

Hand Towel

Interval Timer

Bare Feet or No slip socks*

These moves are intended to be very gentle! So gentle that you may think nothing could possibly be happening...but it is and it will.

As you work through this program you will discover your own understanding of the current state of your body. You'll find the tensions you have been storing and the range of motion that you are currently able to perform. We encourage you to only work through a range of motion that is comfortable for you. There should be zero pain in these movements. If you discover any persistent pain please stop and reach out to us for assistance.

****** Remember...If you have low back pain, tight hips, or exaggerated curvature in your mid or lower back please start with version II legs up.******

IMPORTANT: If you have any serious physical or medical issues please check in with your doctor and please email us with your specific issues. We can recommend options for the movements and discuss ways to get your body closer to its original design.

On the following pages you will find the version I & II movement guides. These guides give you a visual image of the starting position for each move and a brief description of the moves and any repetition in sets. Please look through the guides prior to the training events.

We recommend having enough floor space such that you could lay flat and do a “snow angel” without bumping anything with your arms or hands.

The last two moves of the training are the downward dog and wall sit. For those two moves men will do the downward dog first and wall sit second and women will do the wall sit first and downward dog second.

During these last two moves it's important that your feet and hands not slip. Any sense of slipping and your nervous system will activate and our goal is to drop your nervous system stress!! For the wall sit it is important to have a blank wall to lean back against. I.e. no light switches, pictures, etc. And it's also important that your feet be on a no-slip surface. To end the wall sit, simply put your hands behind you against the wall and push yourself forward to stand.

Loving Your Core

The training will be broken down as follows:

1:30 PM Start

1:30-1:45 Introduction to the work/breathing

1:45-2:45 Discovering the moves

2:45-3:00 ~ Q & A and follow up

Total time 90 minutes

We encourage you to stay with the online training as we will be moving through 8 different phases of discovery. We encourage you to practice the moves daily, if possible, between sessions. Use the practice time to listen and feel deeply into what your body feels like as it moves and begin to take note of what comes up: sensations, emotions, old memories, etc.

Please feel free to contact us at support@lovingyourcore.com if you have any questions, concerns or have any unique physical challenges. We have seen most everything and have alternatives to the program moves that can support you in having a body that truly works for you. You can also post comments and questions on the Loving Your Core Facebook page

If you enjoy the program and our teaching of it we ask that you please share us with your friends and on your social media pages. We really want to support everyone we can in feeling great all the time.

Sincerely,

The Loving Your Core Team

BODY FOUNDATIONS

Version I



Basic Position

5 Minutes to settle in & Breathe

**Wink for 2 seconds intervals
for 1 minute.**

Items Needed:

- Yoga Block
- Yoga Mat
- Hand Towel (folded in quarters)
- Interval Timer
- Bare Feet



**Sits bone squeeze
2 seconds intervals
for 1 minute**

**Repeat Sits bone and Femur
squeeze as a set for 3 rounds**



**Femur squeeze
2 seconds Intervals
for 1 minute**



**Shoulder blade squeeze
2 seconds intervals for 1 minute
Floor Presses
repeat for 1 min**



**Pullovers
Exhale w/shhh as arms
go back
repeat for 1 minute**



Arm Angels
Exhale w/shhh as arms go up
repeat for 1 minute



Single Leg Hip Hinge
5 per side

This and the next two movements are repeated as a set for three rounds



Glute Bridge
Hold for 1 minute



Knees Apart & Together
Repeat for 1 minute
Foot Circles/Point & Flex
5 each



Cats-N-Dogs
Repeat for 1 minute



Wall Sit & Downward Dog
Ladies wall sit first
Men Downward dog first
Hold each for 1 minute



BODY FOUNDATIONS

Version II



**Basic Position
w/chair**
5 Minutes to settle in & Breathe
**Wink for 2 seconds intervals
for 1 minute.**

Items Needed:
Yoga Block
Yoga Mat
Hand Towel (folded in quarters)
Interval Timer
Bare Feet

**Sits bone squeeze
2 seconds intervals
for 1 minute**

**Repeat Sits bone and Femur
squeeze as a set for 3 rounds**

**Femur squeeze
2 seconds Intervals
for 1 minute**

**Shoulder blade squeeze
2 seconds intervals for 1 minute**
**Floor Presses
repeat for 1 min**



Pullovers
**Exhale w/shhh as arms
go back**
repeat for 1 minute



Arm Angels
Exhale w/shhh as arms go up
repeat for 1 minute

After this move simple slide
your chair or block away.



Single Leg Hip Hinge
5 per side

This and the next two
movements are repeated as a
set for three rounds



Glute Bridge
Hold for 1 minute



Knees Apart & Together
Repeat for 1 minute
Foot Circles/Point & Flex
5 each



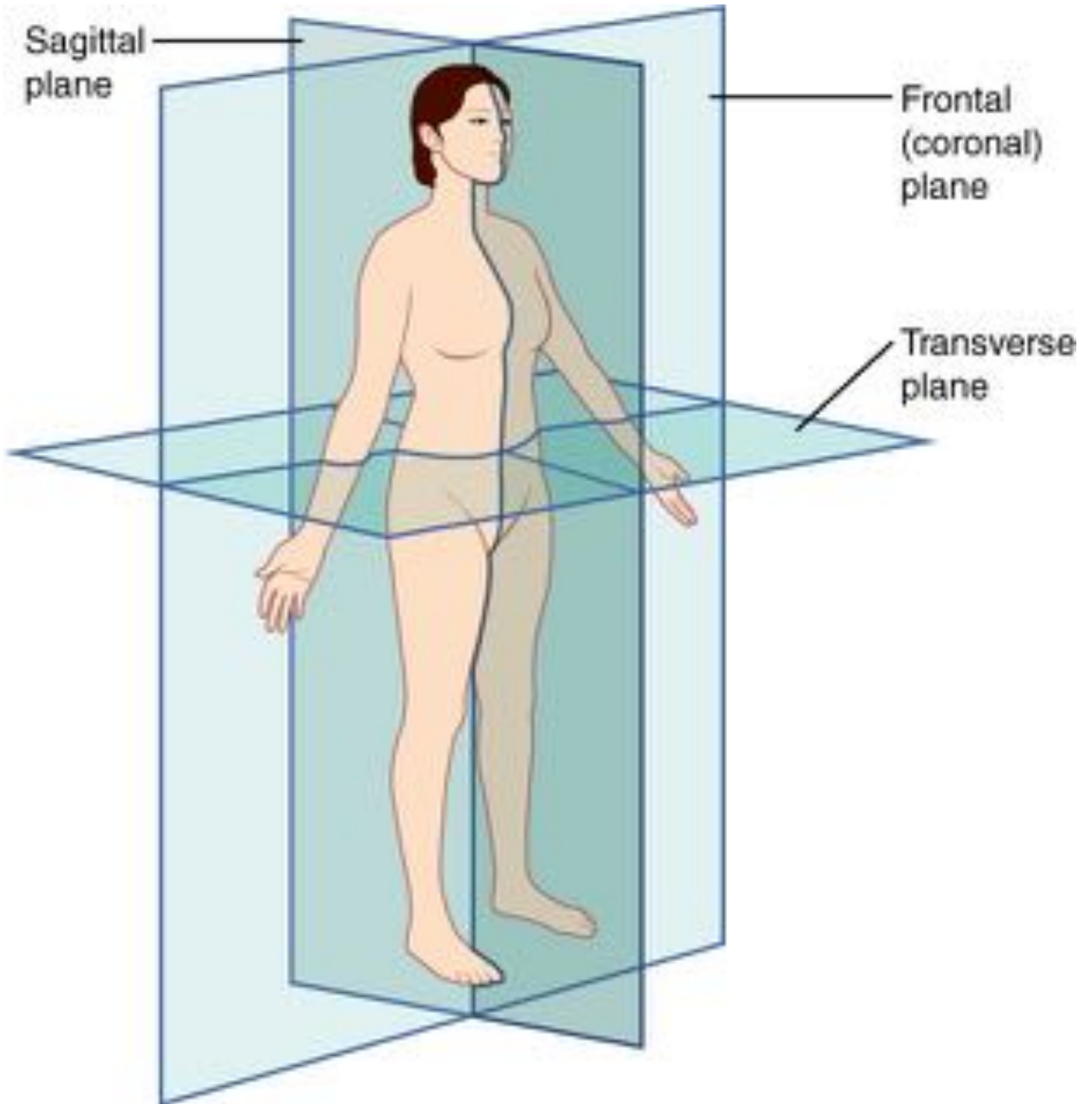
Cats-N-Dogs
Repeat for 1 minute



**Wall Sit &
Downward Dog**
Ladies wall sit first
Men Downward dog first
Hold each for 1 minute



The Primary Planes Of Motion



Hello again.

We wanted to take a moment to share a vision of the future of this work.

We are in the process of developing an online resource, much like a library, only rather than books to be checked out, we'll have programs and information to educate you on your body and how it can thrive and support you more fully as you embody your experiences in life.

Each of us is our own guru. We must each uncover our own truths and subjectively test and experience life to discover what truly works for each of us individually. We may take on the lens of a particular professional for a time, but only long enough to learn something about ourselves that we can then employ on our own through self discovery and application. No one but you can have the experience of understanding something new in such a way as to change your state or way of being from that point forward. Only you can discover you.

Our conversations throughout our material are designed and intended to support you on your own journey of deep self discovery. Taking on the deep understanding of your body is what allows true embodiment of new routines, thoughts, and behaviors. Understanding the wisdom of your body will help you eliminate unwanted stress, release old trauma, and evolve into the truly powerful being that you are. We encourage your curiosity, questions and comments.

Our Loving Your Core programs are the first contribution to the library and we are seeking other providers. If you know of other providers of modalities that teach a deeper understanding of the body, breathwork, effective use of the mind, etc and that do not require ongoing support of the provider after the material has integrated, we would love to speak with them.

Please follow our Facebook page here: <https://www.facebook.com/LovingYourCore>

Our Website is here: <https://www.lovingyourcore.com>

And if you find these online trainings valuable we have a deeper dive home study video course that you can learn more about here: <https://www.lovingyourcore.com/>

Thank you and much Love!

The Loving Your Core Team