Yoga interventions for pain management and active self care within the clinical setting.

**Breath**
For all Breath exercises you start sitting in a supported position and breath naturally.

**Water Fall breath**
- Hold hand in front of mouth
- Inhale through nose
- Exhale making a haaaaaah sound to your hand
- Repeat
  **Part 2**
  - Close the mouth on the haaaaaaah sound
  - Make the sound on the inhale as well. NOTE: This is a soft sound made in the throat to help make the breath longer while doing poses or PT exercises etc.

**Belly/Stomach Breath**
- With hands on belly sitting comfortably with the back supported.
- Inhale through nose, the (belly) abdomen moves out, filling like a balloon.
- Exhale through nose and the belly moves in.
- Continue like this for at least 1-3 minutes.

**Balanced Breath**
- Sit in a supported position
- Close eyes and breath naturally
- Count your inhale and exhale
- Slowly make them the same count in and out
- Over the next few breaths make that count longer ie. If it starts 3 counts in and out slowly make it 5 counts in and out. Exhale inhale and exhale
- Continue for 3-5 minutes
Alternate Nostril Breath

- Make a fist with right hand. Straighten finger 1, finger 4 and finger 5, keep finger 3 and finger 2 inside of hand (or touch them between the eyebrows). Bring finger 1 to right nostril, finger 4 to left nostril. If left handed this is all reversed.
- Exhale
- Close R nostril with finger 1. Inhale for 3 counts through open nostril (left)
- Pause with both fingers closing nose. 1 count.
- Release finger 1. Close L nostril with finger 4, exhale for 5 counts through open nostril (right)
- Pause. 1 count.
- Inhale through open nostril (right) for 3 counts.
- Pause with both fingers closing nose. 1 count.
- Close R nostril with finger 1, exhale through open nostril (left) for 5 counts
- Pause. 1 count

This is one round:
- In through left (3 counts)
- Pause (1 count)
- out through right (5 counts)
- pause (1 count)
- in through right (3 counts)
- pause (1 count)
- out through left (5 counts)
- pause (1 count)

You can increase the count 5:1:5:1
Repeat at least 5-10 full “rounds”

Lions Breath (Energizing and FUN!!)

- Sit in a comfortable supported position. Relax the body.
- Inhale through the nose. Making a sour face (close eyes and tighten face muscles)
- Exhale making hhhaaaaaaa sound like a lion or cobra sticking tongue out and looking up with eyes.
- Repeat at least 3 times
**Mindfulness**

**Exercise 1: BASIC**

- Sit comfortably.
- Close your eyes or keep them open slightly (look through eye lashes, offer when client is anxious!).
- Take a big breath in through your nose. Breathe out through mouth.
- Hear the sounds around you. Do not name the sounds in your head, just listen for the next one and the next one. (30 seconds-1 minute)
- Feel your body: Your feet on the floor, how you are sitting, the chair, your clothes etc. (30 seconds-1 minute)
- Feel your breath. Feel the cold air on the inhalation at your nose. Feel the warm air on the exhalation. Feel your tummy rise and fall. (30 seconds-1 minute)
- When you inhale think “IN”, when you exhale think “OUT”.
- Pause 3-10 minutes. Remind your students/patients “The mind will forget to say IN and OUT. When you notice start again saying IN and OUT.”
- Notice again your breath (pause)
- Notice your body (pause)
- Hear the sounds around you (pause)
- Big breath in and out
- Open eyes (if closed)

**Exercise 3: TRAVELLING LIGHT**

- Sit comfortably, close the eyes
- Take a big breath in through the nose out through the mouth
- Notice your breath (pause)
- Imagine a light the size of a small rock enter your right 1st toe, then it moves to your 2nd, 3rd, 4th, 5th toes. Slowly guide them through the foot, heel, low leg, knee, thigh, then to the left foot, heel, low leg, knee, thigh. Then it moves to the pelvis slowly moving around the pelvis (leave time for them to imagine this), belly (stomach), back (guide it slowly up the spine), chest (right and left), down the arms to the fingers. Then up to neck, back of head, front of head, face, top of head. (teacher slowly guides through this exercise)
- After the light has gone through whole body
- The light moves slowly for approximately 5-15 minutes through body.
- Notice again your breath
- Notice your body
- Hear the sounds around you
- Breath in big, Out big
- Open eyes (if closed)

**Exercise 2: CLEAN/DIRTY**

- Sit comfortably, close the eyes
- Take a big breath in through the nose out through the mouth
- Notice the sounds around you (pause)
- Notice your body, your feet, your weight on the chair (pause)
- Notice your breathing
- Imagine when you inhale the air is healthy, clean air. When you exhale the air is dirty air.
- Pause here for 3-5 minutes
- Notice again the clean air in and dirty air out
- Notice your body
- Hear the sounds around you
- Breath in big, Out big
- Open eyes (if closed)
**Poses**

**Chair Cat Cow**
- Inhale lift chest
- Look up LEAVE SPACE IN BACK OF NECK
- Hands on upper legs or sides of chair
- Elbow squeeze sides
- Exhale round back
- Use belly muscles
- Look to belly
- Hands to knees.
- Repeat with breath 5+ times: Inhale Cat (rounding) exhale Cow (lifting chest/arching)

**Chair Twist**
- Sit sideways on chair
- Inhale sit straight
- Exhale twist chest to back of chair
- Put hands on back of chair
- Stay 3-5 breaths

**Chair side to side**
- Right hand on side of chair
- Left hand up to sky inside of hand turned in
- Inhale lift left arm up and over
- Hold 1-5 breaths (OR move back and forth, Inhale to side, exhale to middle, inhale to opposite side, exhale to middle)
- Exhale to sit
Standing Pigeon

- Stand at the corner of the chair seat
- Turn both toes out
- Hold chair back with outside hand
- Lift leg that is closest to the front of the chair
- Put foot on middle of chair seat
- Lean body forward until both hands or Option 2 forearms can rest on the chair

**Option 1**, Hands to chair  **Option 2**, Forearms to chair

LOOK FOR:
- Straight back
- Bent knee stays out does not fall in
- That you are stable
- Toes point out
- Feeling should be in the outer bum of the raised leg

½ Sun A Sequence from Chair

- From Chair seated at edge
- Inhale arms over head
- Exhale arms down
- Inhale arms over head stand up
- Exhale arms down step forward
- Inhale arms up
- Exhale step one foot back, sit back arms down

This is one round.
LOOK FOR:
- Long back
- Bum reaches BACK
- No rounding of back
- Long back of neck