

Mini fascia sequence

General remarks:

- Start with a short warm-up e.g. by hopping
- Wear comfortable, loose, clothing
- Pay attention to slow effortless breathing
- The movement may not cause any pain!
- The aim of the sequence is creating space and relaxation (not stretching)
- You can repeat a movement as often as you like
- Try to move as gentle and fluently as you can, also in the transition from one movement to the next
- Feel free to vary, use your imagination and enjoy!



You can execute the sequence in different ways depending on your goal:

- 1) Relaxation and maintenance of mobility: execute the movement nice and slow
- 2) To improve bodyawareness and coordination: execute the sequence even more slowly, preferably with eyes closed. Every movement should take about 15 seconds this gives you the possibility of becoming aware of any tension in your body. Concentrate on fluidity. Breathe slowly with an extended exhalation.
- 3) Activating / strengthening: at the end of every movement tense all your muscles like how you do when yawning. This activates all muscles and tensions the fascial network. This may cause a tingling sensation and makes you feel refreshed.
- 4) For resilience: make a springing movement at the end of every end position. Become aware what is your personal favourite rhythm. This may increase your fascial resilience. Vary a lot, change direction and intensity as you like. Move playfully!

01. Shoulder cirkle



- a) Stretch your arms out in front of you. Lengthen your right arm, then your left. Do this a couple of times.
- b) Move your arms to the sides and turn the palms of your hands up.
- c) Make a very wide cirkel as you move your arms up
Take the wrist of your right arm with your left hand and lengthen this arm while you bend your body to the left. Alternate.



1.b Variation

Bend your right arm while the hand drops down to the shoulder blade. Grab the elbow and lengthen the right side of your body. Alternate.



02. From head to toe



- a) Intertwine your fingers and turn the palms of your hands up, make yourself as tall as possible
- b) Move your arms in a circle forward whilst maintaining optimal length in your spine. Knees should be bent and the lower back straight (pivot point should be the line through your hip joints)
- c) Bend further until your hands touch the ground
- d) Move hands alternately to the left and right foot

03. Frog squat

Squat deeply with feet apart, place palms of the hands on the floor. Exhale deeply and let your pelvis sink more to the floor. Then straighten your legs as far as possible while you keep your hands touching the floor. Then stand up straight gently.



04. One leg swing

- a) Stand on one leg, lift the knee of the other leg as high as possible, slowly.
- b) Straighten then that leg backward with a fluent movement



05. The big turn

Straighten your left arm and touch your left shoulder with your right arm. Turn to the left as far as you can. Look over that shoulder. Exhale at the end of the movement and notice you can still move a little further.



06. Power lunge

Make a huge step with your right leg. Sink with your left knee to the floor (lunge). You're your back vertical. Put your hands in your neck and straighten your back even more. Alternate.

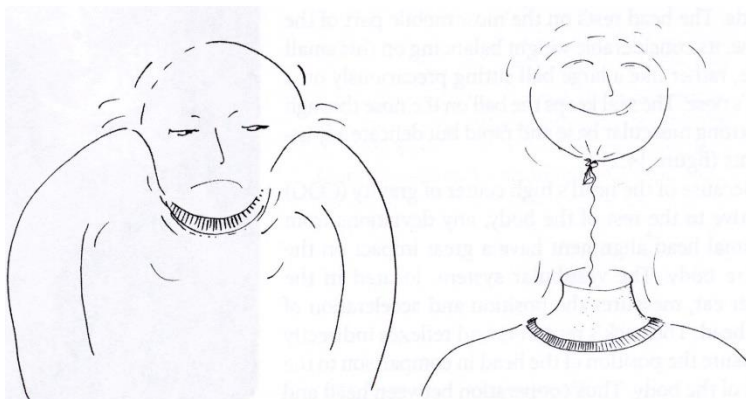


07. Open the chest

Turn the palms of your hands outward as far as possible, gently draw the shoulder blades down and lift the breastbone. Create space at the front side of your chest.

08. Achterhoofds lift

To finish, place the finger of one hand just under the base of your skull. Then very gently lift your head, make your spine more spacious. And/or imagine your head is a balloon filled with helium, feel how your head is floating up. Feel the length of your body.



The head floating upward like a balloon filled with helium.

