QUARANTINE

RELAXATION & OBSERVATION PRACTICE

ELITE ACADEMY

YOU GET INJURED WHEN YOU SLEEP

ANY INJURY PREVENTION PRACTICE
SHOULD BEGIN WITH THE TRAINING OF ATTENTION.
WHAT ARE YOU REALLY TRAINING
WHEN YOU ARE SLEEPING,
WHEN YOU ARE NOT THERE?

YOUR POSTURE

HOW YOU THINK

HOW YOU FEEL

HOW TO RELAX YOUR THOUGHTS AND EMOTIONS?

1 MOVE YOUR BODY

You cannot change your thoughts. You cannot change your emotions.
BUT you can move your body!

2 CHANGE YOUR POSTURE

Open up your posture when you sit or stand. A closed body will probably think more closed and feel more closed.
You can change anytime.

3 BREATHING

Remember the breathing practices we have done so far.
When you feel stressed, often your breathing is not moving freely through your body.

TAM PIN IS STILL THE KING

Tam Pin is not torture. It's teaching yourself to be relaxed in pressure.
Practice daily. See what happens ;)

1. OPEN ARMS
2. BEND KNEES A BIT
3. BREATHING IN BELLY
4. RELAX SHOULDERS
5. NO BLURRY EYES!
6. LITTLE SMILE

PRACTICE EXAMPLE:

5 MINUTES
AS SOON AS YOU WAKE UP

"DON'T MAKE A DRAMA"

LYING DOWN ON THE FLOOR

LYING DOWN ON THE FLOOR
IS ONE OF THE QUICKEST WAYS TO RELAX.
THE FLOOR IS HARD
SO IN ORDER TO RELAX
YOU NEED TO BECOME SOFT.
DON'T SLEEP.
PAY ATTENTION TO ALL THE SENSATIONS
YOU NOTICED IN YOUR BODY.

PRACTICE EXAMPLE:

1/ SET A TIMER FOR 20 MINUTES
2/ LIE DOWN WITH PALMS UP
3/ ASK YOURSELF:

"HOW DO I EXPERIENCE MY BODY RIGHT NOW?"

SITTING PRACTICE

SITTING ON THE KNEES IS VERY HEALING
FOR THOSE WHO SUFFER FROM PATELLAR TENDONITIS
LACK OF ANKLE AND QUADRICEPS FREEDOM
AND ABOVE ALL IF YOU SUFFER FROM
RESTLESSNESS.
IF DIFFICULT, SIT ON A CUSHION.

PRACTICE EXAMPLE:

1/ SIT YOUR BUTT BETWEEN HEELS
2/ PLACE YOUR ATTENTION ON THE MOVEMENT OF YOUR BREATH
3/ FOLLOW 50 BREATHS

"EVERY TIME YOU GET DISTRACTED, RETURN YOUR ATTENTION TO YOUR BREATHING. DON'T SLEEP!"

OPENING AND CLOSING ARMS

OPENING AND CLOSING YOUR ARMS
USES ALL THREE TOOLS:
BREATH, MOVEMENT & POSTURE
TO RELAX YOUR WHOLE BODY.
SEE IF YOU CAN INFLUENCE YOUR
BREATHING RHYTHM
BY SLOWING DOWN THE
MOVEMENT OF YOUR ARMS.

PRACTICE EXAMPLE:

1/ BRING YOUR ARMS UP WHILE YOU INHALE THROUGH YOUR NOSE
2/ RETURN THEM DOWN EXHALING THROUGH YOUR MOUTH (DUCK-FACE)
3/ LITTLE BY LITTLE SLOW DOWN YOUR ARMS MOVEMENT TO RELAX MORE
4/ AIM FOR 20 REPS

"KEEP YOUR KNEES RELAXED AND DON'T BLOW OUT THE CANDLE!"

SWING YOUR ARMS

ONE OF THE MOST SIMPLE WAYS
TO RELAX TENSION IS BY SWINGING YOUR ARMS
WITH SIMPLE COORDINATIONS
SIDE TO SIDE
BACK AND FRONT
WE HAVE DONE IT MILLIONS OF TIMES TOGETHER.
THE PLAYERS WITH THE QUICKEST HANDS
HAVE THE MOST RELAXED SHOULDERS.
THE MOST RELAXED HAVE…
SWING, SWING, SWING.

PRACTICE EXAMPLE?

BE CREATIVE
DO WHAT YOU KNOW
INVENT YOUR OWN.

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MY PRACTICE NOTES

KAIZEN

Date	Things I did good (+)	Things I could do better next time (-)

PRACTICE + FEEDBACK

DOCUMENT YOUR PRACTICE.
WRITE DOWN HOW IT WENT.
LEARN TO OBSERVE
WHAT YOU DID GOOD
WHAT COULD BE DONE BETTER.
DON'T BE HARD ON YOURSELF.
DON'T ANALYSE.
JUST TAKE A NOTE
SO TOMORROW
YOU CAN BUILD ON TODAY.
KAIZEN!

GOOD PRACTICE!

I BELIEVE YOU CAN ALWAYS DO SOMETHING
AND EVERY SITUATION HOLDS OPPORTUNITY.
THIS IS A TIME TO WORK ON THOSE THINGS
NO ONE WILL SEE
BUT YOU.

LOCK DOWN.
STAY LOCKED IN.

FEEDBACK? QUESTIONS?
Anytime...
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