

Gentle: Saint Benedict (1 hr)

Leg Toner. Incorporate 1-2 specific points of intellectual formation into this class. Attach them with a sticky note if you need help remembering. [] denotes suggested movements that can be used as needed.

WARM UP

SEATED

- **(Start Music for Exercise) Seated Alignment, Breath & Gratefulness**
- **Angel Arms:** 3 x's then stay a few breathes with chin to chest arms to sides.
- Inhale and slide hands to back behind hips and drawing the shoulder blades together, opening the chest. Exhale and slide hands forward on floor as you C curve the back. Do back and forth. Bring arms to side.
- [Keep arms extended to side and take right ear to right shoulder for few breaths then Inhale head to center, exhale left ear to left shoulder for a few breaths. Inhale center.]
- **Side bends**
- Inhale arms up, palms touching, exhale arms to T as you **twist** to right. Inhale to center bringing arms up, exhale to left, arms to T. Repeat 2 more times each side. **Roll Shoulders.**
- **Forward fold:** Fold from hips [Can walk hands to right then left.]
- **Side Sit Series:** Bring legs to left side. Inhale left arm up and exhale bend to right coming down on forearm. Arm circles left arm (very slowly) and then reverse the circles. [Bring left hand to hip and inhale to lift the hips contracting the core.] Counter balance by coming up and side bending to left. - **Easy hip opener.** – **Twist** to right. Repeat other side.

HANDS & KNEES

- **1st BPP: ROLL ON TO KNEES**
- Inhale and **Arch** and hold a few breaths - Neutral Hands & Knees - Exhale and **Round** for a few breaths - Neutral Hands & Knees. [Can repeat as many times as needed.]
- **Rock**

WORKOUT

SUPINE

- Full Body Stretch
- **Roll to right side.**
- **Outer Thigh And Hip Lift** – Bend right leg for support and prop head with right hand. Place left palm in front of your for support. Head, shoulder and hips should all align. Flex left foot and inhale as you slowly raise it, and then exhale to slowly release. Use slow controlled movements; don't need to raise high to achieve results. (Can repeat 3-12 times)
- **Front/Back** – Extend right leg and bring legs forward 45 degrees in front of body, keeping buttocks, hips, back, and shoulders aligned. Lift left leg an inch above right and exhale sweeping leg forward and inhale taking it back. (Don't lose alignment in hips. Don't tilt forward and backward.) (Can repeat 3-12 times)
- **Inner Thigh Firmer** – Bring legs back so you are in a straight line. Take left foot behind right leg just behind the knee. Lift right leg, flex foot, and pulse up and down then hold. Point toes and repeat. (Can repeat 3-12 times altogether)
- **Balance** – (laying on side in a straight plane, lift head, shoulders and legs, hold for few breaths). then roll to **Prostrate.**
- **2nd BPP: PROSTRATE**
- **ROLL TO LEFT SIDE AND REPEAT SERIES & ROLL TO BACK**

- **Twist** – Keep knees bent and separate feet mat distance apart. Take knees to right then left. Few times then hold.
- **Knee Hug:** Rock & roll
- **Roll backwards and forwards 3x's then come to Seated.**

SEATED

- **Seated Forward Fold**
- **Wide Leg – Wide Leg Forward Fold – Around the World**
- **[Twist]**

HANDS & KNEES

- **Arch** for a few breathes - Neutral Spine - **Round** for a few breathes. **[Repeat as needed.]**
- **Thigh Toner** – Hamstring stretch Right Leg - toes pointed and toes touching floor. (Make sure back is flat, abs are tight and hips are squared) Inhale to slowly lift and exhale to slowly lower. Do few times.
- **Hip Stretch** – Drag right foot over to left and look over left shoulder
- **REPEAT ARCH & ROUND THROUGH HIP STRETCH FOR LEFT LEG**
- **Rock Pose**
- **Rock Pose:** Take a few breaths. **[Can walk hands right then left.]**
- **Heel Sit**
- **3rd BPP: HEEL SIT**

PRONE

- **Low Chest Lift** 3 x's
- Form a pillow with hands and place forehead on hands. Bring feet together and inhale and lift just the legs. Exhale to release. Do few more times holding on the last.
- **Back release**
- **Rock**
- **Pike Pose:** warm up

WIND-DOWN

SUPINE

- **Full Body Stretch**
- **Reclined Inner Thigh Stretch Long Hold** – (3-5 min. or less if needed. Read Meditation & Pray for participants. Rock & Roll as well as rest with knees together to work out the achiness before moving on).
- **Hip Stretch** – Take right ankle to left knee and pull it in for hip stretch – hamstring stretch. Release out and repeat for left.
- **Knee Hug**
- **Twist** – Both knees to chest – exhale both legs to right and breathe – inhale center – exhale left.
- **Knee Hug and rock.**
- **Resolution: (Start Music for Prayer) Quiet Pose**

SAINT BENEDICT, PRAY FOR US.