

Script - Settling into your seated posture

Seated Stretch and twist

Arriving in a seated pose after Savasana:

- Sitting in a comfortable position
- Whatever that means for you - legs stretched, crossed or in half lotus

Offer a SOFT block here:

- If it feel uncomfortable sitting here, place you soft block under your bottom, and try to sit towards the front of your block, allowing the hips and back to relax

Settling into your seated posture:

- Feel the seat bones on your mat
 - Feel grounded and rooted to the earth
- (see video for a lovely root chakra connection script here if appropriate)
- Feel the earth/mat underneath you, supporting you
 - Nice tall spine, lengthen the spine
 - Energy up the spine and out through the crown of your head
 - Open the collar bone, nice wide chest
 - Draw the shoulder blades together (or shoulder back)
 - Nice open 'heart space'
 - Now take some conscious breaths
 - Breathe in
 - Breathe out (correct here, if your students sink as they exhale)
 - Keep lengthening the spine as you exhale - try not to sink down
 - Repeat as many times until you feel the room has settled and are connected to their breath

Seated Side Bend

- Lifting your left arm up to the sky
- Reach for the top shelf (visual)
- Create space in between the vertebrae
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- Walk your right arm out to the side - in a line with your hip on the floor
- And extend up and over to the right side
- Keeping both shoulders open,
- Keeping both shoulder against wall (especially the left shoulder)
- If its available looking upwards towards the sky - rotating the spine

Health and Safety here:

Neck or shoulder issues, place the arm behind your back and look down

- Breath in
- Exhale and soften the body, let go
- Repeat x4
- Inhale recover, come up
- Exhale lower the left arm back down to the ground/earth

Repeat to the left:

- Lifting your right arm up to the sky
- Reach for the top shelf (visual)
- Create space in between the vertebrae
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Seated Side Twist

- Inhale lengthen the spine
- Extend the arms
- Rotate your torso towards the right side
- Place your left hand on your right knee
- Place the back hand as close and you can to the tail bone/spine
- This helps you to lengthen the spine (provide modifications for more developed pose)

- Inhale lengthen the spine
- Exhale rotate the nose to face the back of the room
- Open the back collar bone
- Enjoy this gentle spinal twist
- Just warming up the spine and bringing our awareness to our breath

- Breath here for 3 breaths

- Exhale and unfold back to the front. Repeat to the left

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- Exhale and unfold back to the front

- Uncross the legs and give them a shake.
- Change legs in their crossed position.

Move into anulom Vilom

