



Practice Powerhouse

DAILY RITUAL CHECKLIST

FIND YOUR CONCENTRATION

Notice how you feel when you focus only on your breath for 30 seconds. In through your nose, out through your nose.

MEDITATE

WHO ARE YOU BETWEEN BREATHS?

CONTROL YOUR CORE

All physical motion must be controlled by the mind.

SLOW BRIDGE

FEEL EVERY NOTCH IN YOUR SPINE AS YOU ROLL AS SLOWLY AS YOU CAN UP TO BRIDGE, SHOULDERBLADES STAY GROUNDED, THEN REVERSE.

FIND YOUR CENTER

Powerhouse: a person or thing of great energy, strength, or power.

CORE WARM UP

ON YOUR BACK, KNEES IN TABLETOP
CURL TO CRUNCH + HOLD FOR 10 SECONDS X 5

FOCUS ON FLUIDITY

Move *smoothly* through each exercise. Keep the core engaged.

ROLL UP

LIE FLAT ON YOUR BACK, ARMS UP TO THE SKY
CURL FROM TOP OF SPINE, LIFT TO SEATED
FORWARD FOLD OVER LEGS, REPEAT.

BREATHE TO PREPARE

Trust yourself. Go with your gut.
Breathe in to prepare, breathe out to perform.

ROLLING BACK

SIT TALL ON A MAT, KNEES TO CHEST
ROLL SPINE FROM YOUR TAIL BONE ONLY TO
SHOULDER BLADES AND WITH CHIN TUCKED,
THEN BACK UP AGAIN (NEVER ROLL TO NECK)

PRECISION

Every movement has a purpose

SINGLE LEG STRETCH

TRANSITION FROM ROLLING BACK: PULL RIGHT KNEE
TO CHEST AND HOVER YOUR LEFT LEG EXTENDED.
LIE ON YOUR BACK AND "BICYCLE" ALTERNATING
WHICH LEG IS EXTENDED/BENT WITH PRECISION

MOVE WITH INTENTION. IF YOU LOSE YOUR CENTER, STOP. BREATHE. START AGAIN.