
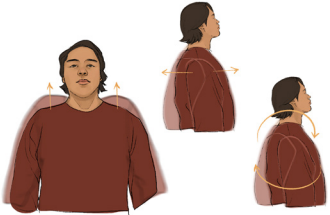
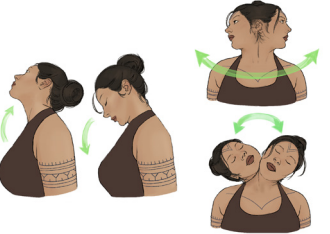


15-Minute Transformative Life Skills (TLS) Protocol






	Movement	Breath	Benefits
<p>Vertical Trunk Twist:</p> 	<p>(12X each side)</p> <p>Hands behind head, elbows out to side, stable stance. Begin twist from hips. Lift opposite heel from side you are twisting to</p>	<ul style="list-style-type: none"> • Quick exhale as you twist (“puff of air”). • Inhale as you transition through the center without stopping. 	<ul style="list-style-type: none"> • Relieves tension in the back, abdomen, shoulders and hips. • Enhances awareness of the mind and body connection. • Quicker exhale can increase vitality and alertness.
<p>Shoulder Movements:</p> 	<p>(3-5X in each direction)</p> <ol style="list-style-type: none"> 1) Up/down with fingers clasped in front of you 2) Forward/back with fingers clasped behind your back 3) circles with arms by sides; reverse direction of circles 	<ol style="list-style-type: none"> 1) Inhale shoulders up. Exhale shoulders down. 2) Inhale opening chest. Exhale stretching out upper back/ collapsing chest. 3) Inhale when shoulders are back/up. Exhale when shoulders are forward/down. 	<ul style="list-style-type: none"> • Relieves tension in shoulders, chest and upper back. • Enhances posture and ability to breathe deeply. • Relaxes emotional guarding around the chest and torso.
<p>Neck Movements:</p> 	<p>(3-5X times in each direction)</p> <ol style="list-style-type: none"> 1) Bend neck back and forward 2) Rotate chin side to side 3) Drop ear towards shoulder 	<ol style="list-style-type: none"> 1) Inhale lifting head up and back. Exhale drop chin to chest. 2) Inhale center. Exhale look to side. 3) Inhale center. Exhale drop ear to shoulder. 	<ul style="list-style-type: none"> • Relieves tension in neck. • Increases ease of movement throughout the day. • Enhances awareness of how we hold stress in our bodies.



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	Movement	Breath	Benefits
<p>Standing Side Bend:</p> 	<p>(3-5X each side) Start with stable stance. Bring arms up, spine is neutral. Release one arm down.</p> <p>Bend towards side of lowered arm, lengthening opposite side of body from heel to fingertips. Keep head and neck relaxed.</p>	<ol style="list-style-type: none"> 1) Inhale bringing both arms up. 2) Exhale to one side. 3) Inhale back to center. 4) Exhale to other side. 5) Inhale back to center. 	<ul style="list-style-type: none"> • Alleviates tension in shoulders, neck and side of body. • Stretches muscles around the ribs to allow for deeper breathing. • Enhances body awareness to help enable self-control.
<p>Rhythmic Thoracic Breathing:</p> 	<p>(8X) Standing with feet wider than hip distance. Start with palms together at chest. Stretch arms out and back, opening chest, and bring hands back together to chest.</p> <p>4 count inhale, 8 count exhale.</p>	<p>Bringing arms out to the sides on inhale (count of 4) – opening chest – and bringing hands back together on exhale (count of 8).</p> <p>4:8 count should be done at own pace without strain.</p>	<ul style="list-style-type: none"> • Releases tension in the chest, shoulders and upper back. • Allows for easier and deeper breathing to regulate emotions. • Relaxes the nervous system through rhythmic breathing.
<p>Sitting Belly/Rhythmic Breathing and Meditation:</p> 	<p>Sitting with tall spine, shoulders and face relaxed. Bring hands to belly and breathe into belly.</p> <p>Breathe in to 4 counts and out to 8 counts at a comfortable pace.</p>	<p>Belly expands with each inhale and contracts with each exhale.</p> <p>**Then return to natural breath and spend one minute just watching the natural breath and noticing how you feel. Practice listening without negative judgment. Watch yourself watching your breath.</p>	<ul style="list-style-type: none"> • Increases focus, attention and self-awareness. • Allows for deeper breathing to increase vitality. • Relaxes the nervous system and abdominal tension.

