

## **Teachings**

Be kind.

Unwind.

Gather resources.

Reboot and reset.

Interrupt the patterns.

Hold the earth in your arms.

Let yourself be held.

Ground and stabilize.

Align.

Organize.

Connect.

Synchronize with nature.

Hang out daily.

Pull from periphery to core and heart.

Observe.

Get packed, stacked, jacked, and stable.

Can't do a particular motion? Can't go any further in teaching that movement.

Stabilize feet, spine, then hips and shoulders.

Breath into every area of your body.

Align and draw towards the center.

Let it all come together.

Don't sell the results (peace, relaxation, calm) as the practice.

Move mindfully.

Run in place and let your heels kiss the ground!

Soften your aggression by breathing.

Focus your mind.

Hold, develop familiarity, then offer dynamic movements.

When you see someone struggle, lighten up.

Hold space and grace.

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-kelly ann ilseman