

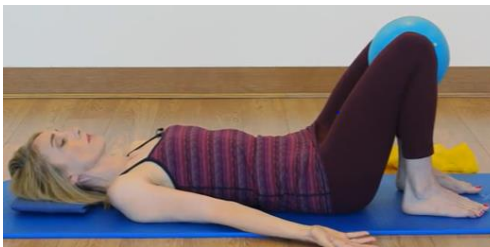
hEDS/HSD Exercise: Breath

Class 2 invites you to connect with your breath. First bring more conscious awareness to your breath as it moves through the body, expanding the chest and elongating the body with each inhale. Then we will build awareness, strength and control around the pelvis and gluts to afford greater support for even better breathing.

1. Unwind: Lying on a comfortable surface, with appropriate support, in your relaxation position. Sink and drop the weight of your body into the surface on every exhalation. Position a ball/blanket between the knees and be aware of the contact points, there is no need to squeeze!



2. Bridge with ball: Turn your palms upwards, use the gentle connection with the ball/blanket to maintain a stable position with your hips. Start to roll the pelvis as in the previous class, floating the hips up into a bridge, allow the shoulders to remain heavy on the floor.



3. Knee extension: Keep your trunk, ribs and pelvis rested and weighty on the floor, maintain your contact with the ball and attempt to take one foot off the ground and straighten the leg. If you cannot take the leg fully straight, then just take it as far as is possible.



AVOID letting the ball drop, ensure you keep the ball 'quiet' and still, and the knees parallel.



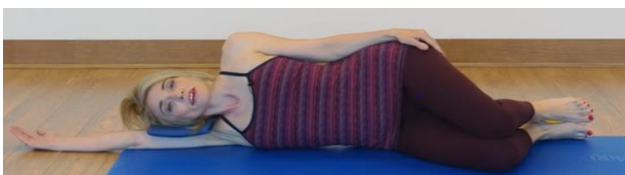
4. Knee extension with arm roll: Extend your leg position as for exercise 3 above, add in an arm roll from the last class. This exercise builds full body strength, as you control all limbs whilst remaining 'quiet' in the trunk. Do this by maintaining your connection to the floor, and don't let the back arch. Ensure you continue to breathe efficiently into the whole of the chest



5. 'Dead bug': Remove the ball/blanket. Lift one leg, by rolling the hip back towards the ground, at the same time, float the opposite arm up, again focus on the weight of the arm moving back and down into the shoulder socket. As above, keep the trunk 'quiet' and lengthened, with your weight going down through the floor.



6. Oyster: Move carefully onto your side, you may want to lie on a padded surface such as a thick yoga mat, or old duvet. You will also want some support for your head and neck to maintain a comfortable alignment for your spine. Make sure your lower arm is in a position of comfort. Spiral your hip in the socket to allow the top knee to lift up and away from the lower leg, keeping your feet together.



If you notice any pain running along the top thigh, allow your pelvis to lean forwards slightly. Remember none of the exercises should be causing you any pain, please check in with how you feel whilst practising, and make any changes you need to remain comfortable.



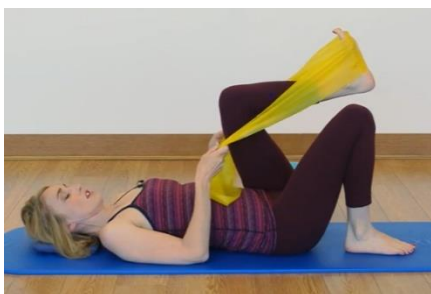
7. Side leg lift: Either keeping your knee bent **A**, or if you can with a straight leg **B**, lift the top leg directly upwards. Only go to the height that you can control, do not let your waist drop to the floor. Lower your leg back to the horizontal.



8. Gluteal strengthening: Carefully move onto your tummy, you may need a pillow or some support under your pelvis. Lengthen one leg gently to allow it to lift off the floor. Make sure you can feel both sides of your pelvis in contact with the floor throughout the move to avoid your pelvis rotating. Hold the position for a few seconds before lowering.



9. Hamstring dynamic stretching: carefully return to laying on your back, position an exercise band/scarf around the sole of your foot. Send your foot into the band/scarf to allow the knee to straighten creating a dynamic stretch of your hamstring muscles. Avoid locking your knee out, maintain a slight bend if necessary.



10. Finish in the rest position, focus on your breath & the structure/weight of your body dropping down into the floor. Notice each breath moving into the back of the lungs and gently inflating your chest with ease.