



**association
des graphistes
de l'ombre**

Protect Yourself and your environment

<https://protectyourselfeu.com> - Project n. 2020-1-IT02-KA204-079033

Course 1, Nov. 29th to Dec 3rd 2021, Elche (SP)

Speaker : Isabelle Fornasari

Duration : 30'

Workshop 1 : About inner ecology

1. Sitting mindful meditation (on the state of presence)

- Sit with your back straight, hands placed in cup. Feet firmly anchored in the ground
- Be in a comfortable position, close your eyes, relax your jaws, relax your facial features. Become aware of your breathing
- Inhale/exhale through your nose (closed mouth).
- Be aware of the freshness of the air that comes in and out
- Then there are thoughts that come to mind, just look at them without holding them back... Like clouds flashing before your eyes...
- Now imagine a ball of white light above your head, when you see it, penetrate it into the top of your skull and descend into each part of your body ..
- Imagine the light in your head going down your throat and then your lungs, your heart, your stomach,
- Stay there a little more when you feel areas of tension
- Now going down your arms, your hands,
- Then your thighs, all the way down your feet
- Always focusing on his breathing, if you notice that there are still parasitic thoughts, take a deep inspiration and blow hard through the mouth towards the ground...
- Find your calm breath, feel this state of inner peace and slowly, you can open your eyes

*Réseau
Européen
pour une
Communication
Responsable*

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2. Active breathing : to Protect yourself, to boost the energy of the immune system, release stress

- KAPALABHATI: Take a deep breath through the nose, inflating the belly and exhale abruptly through the nose.
- 1 or 2 cycles 10 breaths for beginners, 3 cycles of 20 breaths or more for others

3. Body awakening sitting in the chair

- Turn Slowly the head from right to left, then back and back to the center
- Roll your shoulders one way and then the other.
- Extend your arms in front of you,
- Turn wrists in both directions.
- Roll trapezes muscles under fingers then slide hand to fingers
- Tap with the fist
- Shake your arms to release all your tension.
- To Protect yourself, activate the thymus gland !!
- Tap the Thymus with top of fingers
- Put both hands on the solar plexus, turn clockwise
- Slide one hand each side under the 5x ribs
- Warm the kidneys with fists
- Get up from the chair:
- Tilt the pelvis forward/backward, rotate in one direction then the other (bend the knees slightly)
- Sit down and take a deep breath
- THE TURTLE : Spread your legs and bend your chest forward, hands on the ground, release your head, stay 1 minute.
- We stand on an inhale
- NUMBER 4 : Bend right leg on left knee, grab left knee with both hands (hip opening)
- We change leg; idem
- TWIST : Turn the bust without moving the pelvis
- Grab the back of the chair, stretch the spine and the top of the skull towards the sky
- HALF CLAMP : Standing one foot on the chair, Inhale bend down toward the ground
- Hold 1 minute... then change sides...
- Stand up... And it's over ;-)!!!!

The self is the stage

The senses are the spectators

The body is the ritual oblation Shiva Sutra...Let 's meditate!! □□□

