

Energizing & Centering Core Activation Meditation.

by Paul Van Alstine

1. PREPARE

Sitting comfortably or laying on your back with knees bent. Press your first two toes into the floor & do a slight kegel contraction. About 25% effort.

2. INHALE

Slowly through your nose - keeping the sensation of pressing in your toes and kegel. Increase toe pressure & kegel very slightly the whole time you are inhaling.

3. HOLD

Your inhale for three seconds, release your toes & kegel slightly

4. EXHALE

Increase toe pressure slightly as you purse your lips and breath out smoothly and slowly (as if you are blowing bubbles slowly)

5. HOLD

Your exhale. Release your toe pressure just a bit.

6. Go back to step 2! Repeat ten - fifteen times... TIME: 3-5 minutes.

Expected Results:

A clearer mind, respiratory reset and retraining, engagement of the deep core muscles, increased tone in the pelvic floor and low abs, less stress in the shoulders and neck because the spinal stabilizers are now up-toned and activated, changes in the brain. An eight-week mindfulness meditation program appears to make changes in the brain regions associated with memory, sense of self, empathy and stress.