

MIB TITER

Take-IT-Easy, Relax~
Wellness Program

2024

Mindfulness In Biz
正念事業

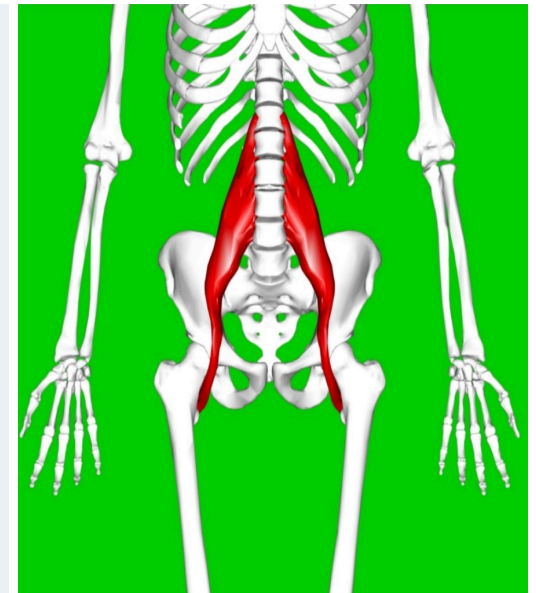
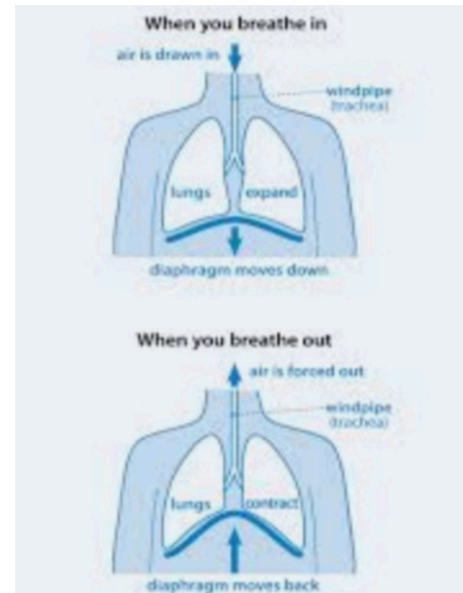
Body Toning

Working out is super important. It boosts your mood and strengthens your body. It is a form of self-care. If you are short on time, there are many qi gong kinds of workout exercises you can do, including these five qi gong exercises that tone and tighten your body.

Mix and match these five qi gong exercises to create a full-body circuit workout. Start by doing one rep of each exercise for three rounds. If you are feeling great, add on another round or two!

Relaxation and Autonomic Nervous System

- * The psoas and diaphragm work together with each breath to provide anterior spinal stability.
- * The functions of the diaphragm affect the whole body system. The respiratory rhythm, directly and indirectly, affects the autonomic nervous system.
- * The diaphragm and the psoas react to fear and stress with constriction. In “fight or flight” mode, the breath is short and sharp and becomes the psoas muscle.
- * Diaphragmatic breathing provides several health benefits, including:
 - * Strengthening the diaphragm
 - * Improving stability in the core muscles
 - * Slowing the breathing rate
 - * Lowering heart rate and blood pressure
 - * Reducing oxygen demand
 - * Promoting relaxation

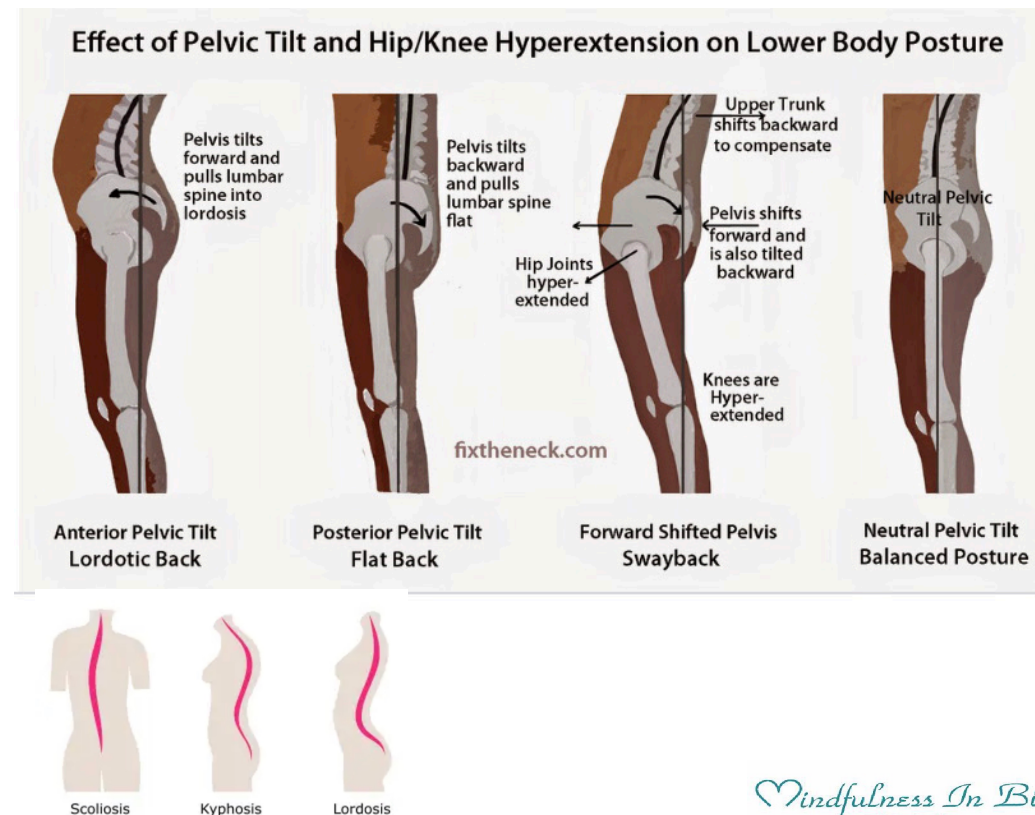


The relationship of the autonomic nervous system and the psoas

The sympathetic nervous system is related to both our fight-or-flight response. And flexion is an instinct of fight or flight with the psoas – the main hip flexor – involved in every reaction. When we are afraid too often or feel continuously unsafe, or suffer from a blunt force trauma that is too much to bear in the moment, we get stuck in the sympathetic nervous system and can't let go.

When we take on too much – whether emotionally or from incidents like car accidents, the psoas becomes the warehouse for the unprocessed energy that stays in the body until we create the right environment to let it go. This is why the psoas is the muscle of the back, hip, groin, and other pain.

A tight psoas muscle will cause a multitude of problems such as **chronic back pain, poor posture, bloating** (a tight psoas muscle stretches over the lower abdomen, causing pressure on that area which can result in bloating and abdominal pain), **constipation, functional leg length discrepancy, leg rotation, sciatica, an obtunded abdomen**, and can affect the drainage of lymph.



How to Activate Your Iliopsoas Muscle for a Free and Easy Walking Stride

Step One - CRP

Release tension in your iliopsoas muscle. A tense iliopsoas muscle may result from injury, overdeveloped external muscles, a lack of neurological kinaesthetic awareness, emotional trauma, or wearing inflexible shoes. Therefore, letting go of tension in the iliopsoas will improve walking.

The constructive rest position (CRP) is a simple way to release your iliopsoas muscle. Choose a quiet, safe, and comfortable place to rest. Lie on your back; knees bent at a 45-degree angle, feet flat on a well-padded floor. Separate your feet and knees the width of your hip sockets (located in the front of your pelvis). If your feet slip, use a sticky mat under the feet. Let your arms rest at your sides, on your pelvis, or over your chest. Your eyes remain open but soft.

Use no muscular control to align your posture. DO NOT tuck your pelvis or flatten your back. If your back is arched, leave it. As you rest in CRP, your spine will gain weight, as your psoas gradually release and lengthen along the floor. The pelvis will open and widen as the iliacus fans open. Use no force. Instead, quiet your thoughts and bring your attention to sensation. Do you feel supported by the floor? As your attention sinks deep within, sense the iliopsoas muscle as it releases over the front of each hip socket. Rest in the CRP for 10 to 20 minutes. If leg tension is excessive, place your feet (legs bent at a right angle) on the chair seat.

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Step Two - Leg Swinging

Experience the pendulum motion of your iliopsoas. Stand with one foot on a block (rigid foam or wood) or thick book (at least 3 inches thick and as wide and long as your foot). Place the opposite hand on a support (a wall or chair). Be sure your supporting shoulder and arm are level and comfortable. Check for skeletal support. Is your torso balanced? Do you have a sense of your core? Shifting weight through the ankle (front to back) can help to bring you into better alignment. The supporting weight must flow from one bone to the other, with each joint soft and open and a sensation of energy flowing through the bones into the floor. Be sure not to collapse into the hip socket of the weight-bearing leg. If you lean to the side of the weight-bearing leg, shift your weight forwards and over the hip socket. Keeping your head up and your eyes forward, let the free leg swing. The leg that is swinging is mimicking the range of motion of the iliopsoas in walking. When the leg is under the pelvis, the psoas is released. As the leg swings forward, the psoas engages in an eccentric motion by falling back along the spine. The released psoas returns to neutral. As the leg moves behind the torso, the psoas lengthens. Again the released psoas returns to the neutral standing position.

As the leg swings, notice if your pelvic girdle moves with the leg. If the pelvis is moving, slow the movement down until only the leg is swinging. The pendulum motion of the psoas must move separately from the pelvis. Only when the leg is articulated at the ball and socket is it free to move separately from the pelvis. This somatic distinction is vital to hip socket mobility and freedom of stride. Placing your free hand on your hip or the back of the sacrum can help determine whether the pelvis is moving with the leg. Only if the pelvis remains stable and part of the torso can the psoas freely swing the leg.

Step down and compare legs. It is a common experience for the swinging leg to feel longer and more aligned than the opposite leg. This results from releasing your psoas and articulating the leg from the pelvic girdle. Repeat on the opposite side.



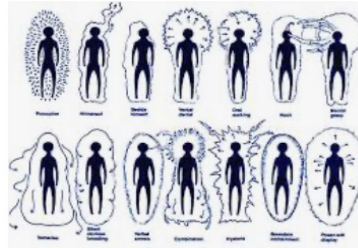
TITER: Take-IT-Easy, Relax~

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Take-IT-Easy, Relax~ TITER Steps Overview

* TITER Standing

- * Standing upright, relax
- * Energy boosting standing



* TITER Walking

- * The happy footfall
- * Employ psoas muscle in walking



* TITER Breathing

- * Breathe, relax, smile
- * Diaphragmatic/Abdominal breathing

* TITER Sitting

- * Sitting upright, relax
- * Body scan



TITER BREATHING

“Breath has patterns.
Schemes create behavior.
Breath is a behavior.
Behavior represents the
person. Breath reveals the
person.” (Morgado-Valle)

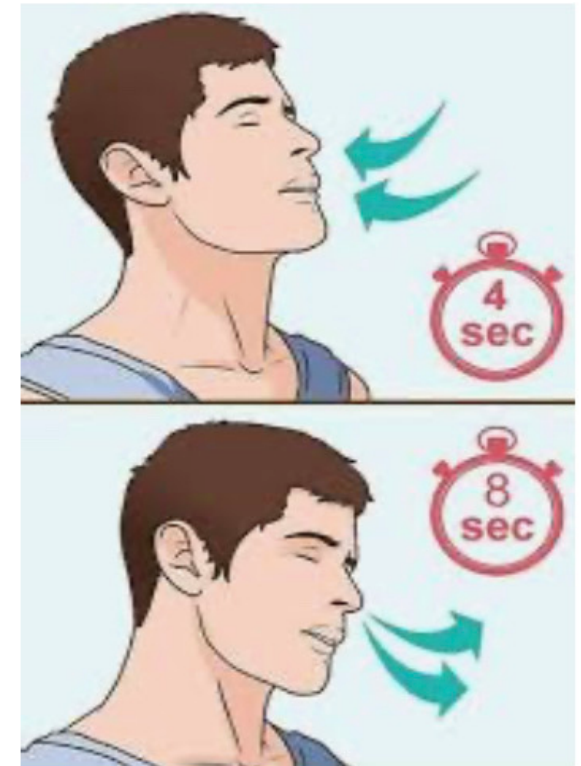


Breathe, Relax, Smile - calmly attend to the natural flow of breath and go along with it, participating in its natural rhythm

When breathing deeply, the air through our nose fills our lungs, and the lower belly rises.

The 4-7-8 breathing technique, also known as “relaxing breath,” there is a lot of anecdotal evidence to suggest that this type of deep, rhythmic breathing pattern is relaxing that aims to reduce anxiety or help people get to sleep.

1. Exhale completely through your mouth, making a whoosh sound
2. Close your mouth and inhale slowly and deeply through your nose to a mental count of four. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little.
3. Hold your breath for a count of seven.
4. Exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep your jaw relaxed. You may hear a soft “whooshing” sound as you exhale to a count of eight. This is one breath.
5. Inhale again and repeat the cycle three more times for four breaths.

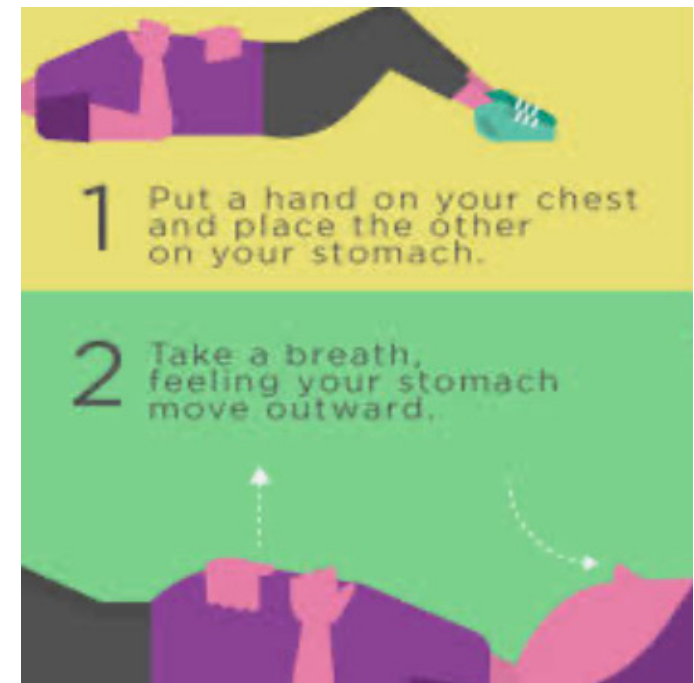


Diaphragmatic/Abdominal breathing – increase the efficiency of the lungs and promote a feeling of calm or relaxation

Diaphragmatic breathing reduces levels of the stress hormone cortisol in the body. Because of this, it may help alleviate symptoms of stress and anxiety, Asthma, and chronic obstructive pulmonary disease (COPD) – with symptoms of shortness of breath and fatigue.

Lie on a flat surface with a pillow under the head and pillows beneath the knees, Pillow will help keep the body in a comfortable position.

1. Place your hand on the navel or slightly beneath it. Put a very light amount of pressure between the navel and the low belly to encourage breathing into that space. To be clear, this is not the breath going down into the organs but creates an engagement of the thoracic diaphragm down and out.
2. Breathe up and into the pressure of the hand through the power of your low belly. This low, deep breathing begins to engage the diaphragm,
3. Keeping that hand where it is, slide the other hand to the base of the ribs at the side of the body. Keep the breath low and deepen it so much that it goes wide into your hand. It's a deep and wide breath. You might start to feel a little bit of a tingle as you start to activate the diaphragm.
4. Keep the breath deep and continue to push your hands out wide with the breath. This diaphragm is starting to unhook itself from stress from the psoas major.
5. Bring the hand on your lower ribs up to directly below the collarbone. Keep the deep belly breath, breathe wide into the lower ribs, and start to bring it high into your upper hand. Continue breathing like this: The breath goes deep, wide, then high. Allow it to simply and effortlessly fall out of you on the exhale.
6. Turn the three-part breath into one oceanic wave of breath, seamlessly going deep, wide, and high. Continue like this for ten breaths.



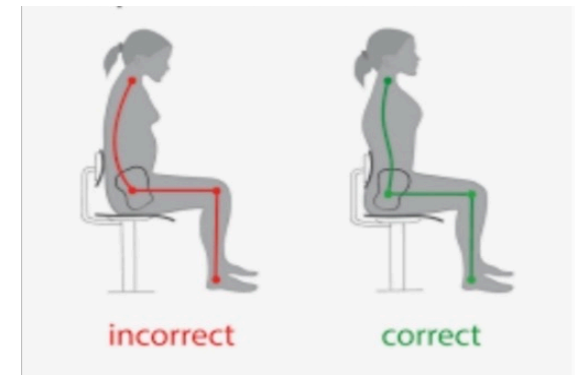
TITER SITTING

“I sit with my spine upright,
but not rigid, and I relax all
the muscles in my body.”
(Thich Nhat Hanh)



Sitting Upright, Relax

1. Let's begin by allowing your body to settle into a comfortable position (2 seconds).
2. You may close your eyes or keep them slightly open, allowing the spine to lift (2 seconds) and the shoulders to soften (5 seconds).
3. Today we will practice a body scan (5 seconds).
4. Take a full breath in (2 seconds) and a long breath out (10 seconds).
5. Begin by bringing your attention to your body (5 seconds).
6. Notice the feeling of the weight of your body on the chair, or the floor, wherever you are (10 seconds).
7. And as you breathe, notice how your chest and abdomen expand to allow the air to enter your lungs (5 seconds).
8. What sensations are you aware of? (5 seconds)
9. And as you exhale, bring awareness to the stillness
10. And notice the sense of relaxing more deeply (20 seconds)
11. Now bring your attention to the top of your head, noticing any sensations in the scalp (2 seconds),
12. down the back of the head (2 seconds),
13. to the sides (2 seconds), to the face (2 seconds).
14. Notice your jaw (2 seconds) if you're holding any tension in your jaw (2 seconds).
15. Let your face be soft (2 seconds),
16. And relax the muscles around your eyes and mouth (5 seconds).
17. Breathing in (2 seconds)
18. breathing out (20 seconds).
19. Now notice your neck and your throat (2 seconds).
20. Let them be soft (10 seconds)
21. Notice your shoulders and arms, and feel any sensations as you allow tension to move from your shoulders down to your upper arms, the elbow, your forearms, wrists, hands, and fingers (15 seconds).
22. Noticing any tightness, or any temperature sensations (5 seconds)
23. Noticing what the fabric of your clothing feels like against your skin (8 seconds).
24. Continuing to breathe in (2 seconds)
25. and to breathe out (15 seconds).



Body Scan - Immune system work best when relaxed

26. Now bring your attention to your chest and abdomen (2 seconds),
27. feeling the movement in your chest as you breathe (10 seconds).
28. Bringing your attention to your stomach, noticing if your stomach is tense or tight (2 seconds)
29. and just letting it soften (10 seconds).
30. Noticing the upper back and the lower back (5 seconds)
31. Let that release if you're holding any tension (20 seconds).
32. Now continue traveling down to your legs (2 seconds),
33. your thighs (2 seconds), your knees (2 seconds), calf, and shin (2 seconds),
34. your ankles (2 seconds), and finally, bringing your attention to your feet (5 seconds).
35. Noticing the sensations of your feet (2 seconds)
36. against the floor ground (10 seconds).
37. Noticing any weight, (2 seconds) sense of temperature, (2 seconds)
38. The feeling of energy is perhaps present in the feet (30 seconds).
39. And as you continue breathing in and breathing out, now notice the whole body (2 seconds) from the top of your head (2 seconds)
40. down to your toes (15 seconds).
41. Staying with a sense of the whole body for a few more breaths (30 seconds).
42. And as we close, continue remaining aware of your body as best as you can as you finish with a full deep breath in (2 seconds) and a long deep breath out (5 seconds)
43. *ding* (15 seconds)



1 Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.

2 Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.

3 Working up from your toes, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.

Health Benefits:

- Reduced stress
- Decreased muscle tension
- Increased pain tolerance

Why it works to reduce stress:

Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.

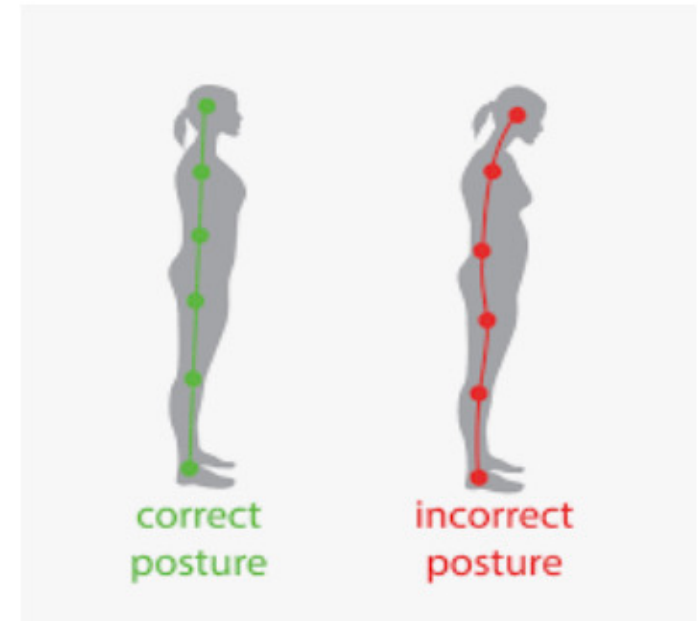
TITER STANDING

“Standing alone and unchanging, one can observe every mystery. Present at every moment and ceaselessly continuing, this is the gateway to indescribable marvels.” (Tao Te Ching)



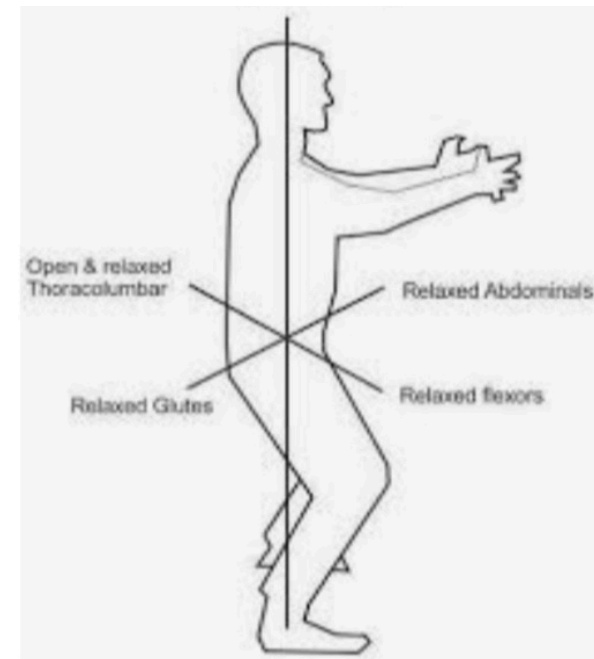
Standing Upright, Relax

- The whole point of meditation practice is to learn to bring the quality of relaxation into our daily life.
- Stand with your feet shoulder-width apart. Position your feet so your heels are slightly closer together than your big toes. Don't lock your knees; a soft bend in them is fine. Place your hands over your belly, right hand over left, to feel the breath moving through your body.
- * Meditative standing still can energize and realign more than physical exercise, which increases the protein of red blood cells, providing an increased flow of oxygen to different organs and allowing the whole body to feel relaxed.
- * Meditative Standing: Stand comfortably with your feet hip-to-shoulder-width apart, knees slightly bent (not locked), and hips and spine relaxed. Gently raise your arms to mid-chest height as if you were holding a large beach ball in front of you with your hands relaxed and fingers lightly extended. Imagine a piece of string suspending your head. Breathe normally, preferably through the nose. Feel and observe the body and mind, encouraging the whole body to soften without letting the posture collapse or become rigid or tense. Hold for 2 to 3 minutes, gradually building up to 10 to 15 minutes a day.



Energy Boosting Standing - How can mere standing improve balance, strength, immune function, and wellbeing?

- * Meditative standing still can energize and realign more than physical exercise, which increases the protein of red blood cells, providing an increased flow of oxygen to different organs and allowing the whole body to feel relaxed.
- * Meditative Standing: Stand comfortably with your feet hip-to-shoulder-width apart, knees slightly bent (not locked), and hips and spine relaxed. Gently raise your arms to mid-chest height as if you were holding a large beach ball in front of you with your hands relaxed and fingers lightly extended. Imagine a piece of string suspending your head. Breathe normally, preferably through the nose. Feel and observe the body and mind, encouraging the whole body to soften without letting the posture collapse or become rigid or tense. Hold for 2 to 3 minutes, gradually building up to 10 to 15 minutes a day.



TITER WALKING

“Live in peace. Walk in harmony. Breathe with awareness.” (Anonymous)



The Happy Footfall

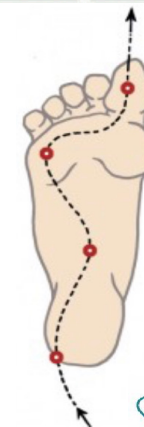
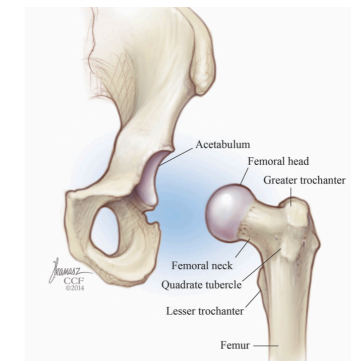
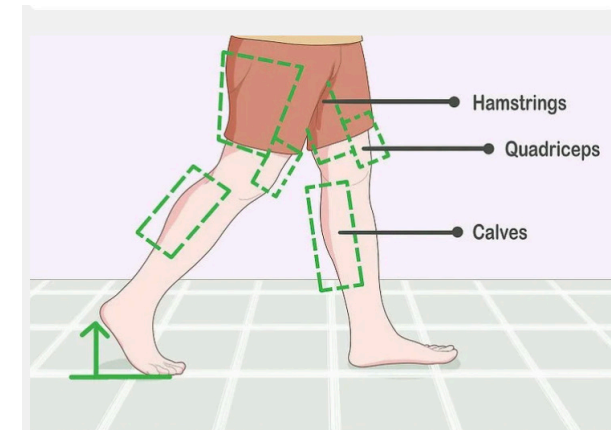
Your stride should be longer behind your body, where your toe is pushing off, rather than out in front of your body. This is because your forward leg has no power, while your back leg pushes you forward. You want to get the full power out of the push from the back leg, with the foot rolling through the step from heel to toe.

The Footfall

Ideally, calluses should be formed by the three arches. The foot's main weight-bearing occurs in these three points, emphasizing the big toe. In a happy foot, the fall should encompass all three points, rolling from the outer heel to the inner foot and finishing on the big toe before launching into the next step. Finishing on the big toe creates a reciprocal response in the inner upper thigh. The inner spiral of the leg sets the psoas back at its base, providing the magical lift in the spine that elevates us energetically.

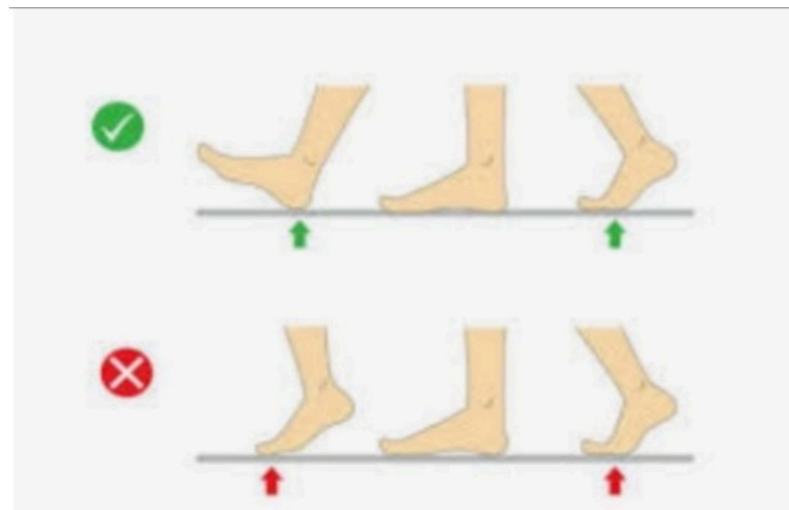
Practice Your Stride

Practice a correct walking stride by consciously keeping your rear foot on the ground longer with each step and giving a good push-off. If you do this, you will naturally place your forward foot closer to your body. This will retrain you away from overstriding. While it may feel strange at first, as you get into a rhythm, you will feel the power you get from the rear foot.



Employ psoas in walking that provide the magical lift when the spine elevates energetically

Psoas attaches at the back of the inner thigh, and pressing down on the inner foot accesses the muscles of the inner thighs. (press on the pinky toe side of the foot the outer leg engages, and press on the mound of the big toe the inner thigh engages.) Pressing down on the mound of the big toe engages the inner upper thigh muscles, which set the psoas back, engaging it to pull the bones of the lumbar spine forward and down. When they pull down, a reciprocal action extends the spinal muscles up against the lumbar bones moving down (reciprocal inhibition). The spinal muscles run from the bottom of the spine to the occiput or base of the skull. So when the psoas is working well, it helps the spine elevate successfully.





a state of being

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