


HOW TO TRAUMA RELEASE EXERCISES



Ankle Rolls


- Place your feet hip-width apart with your knees slightly bent.
 - Roll from one side to the other.
 - Repeat three times.
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Calf Raises

Hold onto the wall, stand on one leg
Go up onto your toes and lower down
Do this until you reach 7/10 fatigue
Swap legs


Runners Lunge

Place one leg forward and place hand next to foot
Lift up your back leg, bend, and straighten the leg that you are standing on until you reach 7/10 fatigue. Swap legs




Wide-Legged Forward Fold

Put your feet wide apart, slightly bend the knees.
Hang your upper body down and breathe x3.
Move the body to one foot. Bend that knee and straighten the opposite knee. Breathe x3
Do the same on the other side. Bring the body back to the middle and reach backwards between the legs. Breathe x3




Kneel

With one leg in front, lean forward into a kneeling position. Take three breaths.
Turn your upper body towards the front leg. Take three breaths and swap sides.




Squat Against a Wall

Lean with your back against a wall
Take your feet hip-width apart
Squat until you're sitting in a chair position.
Move up when reaching 7/10 fatigue.




Forward Fold

Stand with your feet hip-width apart.
Hang over your legs with your upper body
Take three breaths



Lie on Mat

Place your feet in a butterfly position and bring the feet close to your body
Lift your pelvis and hold for 1 minute
Lower your hips down.



Tremor

Move your feet further from your body.
Keep in feet in butterfly.
Bring knees closer to each other in three steps.

