



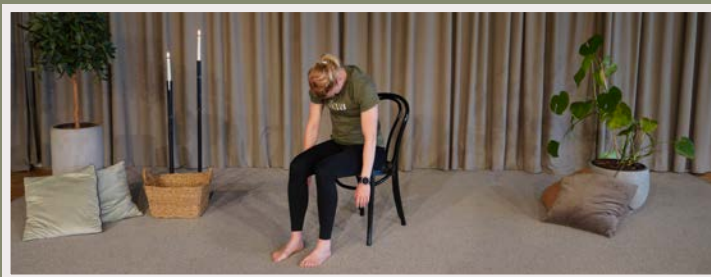
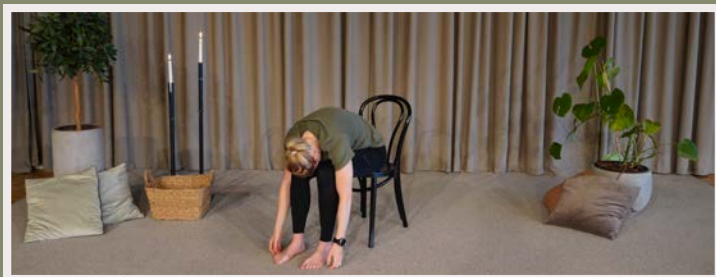
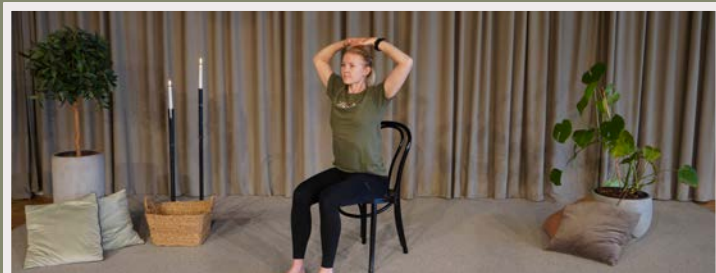
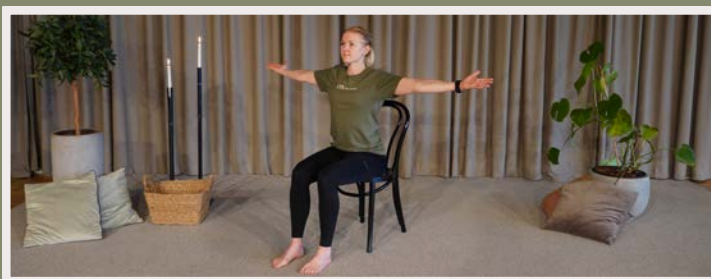
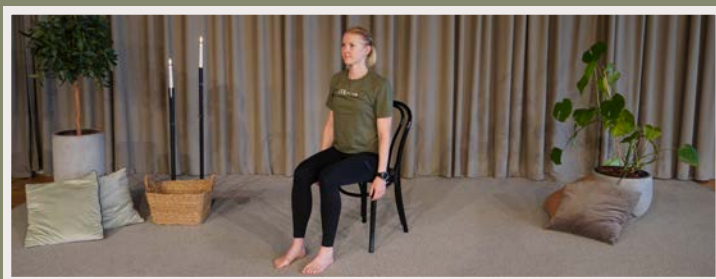
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SEATED MOVEMENT MANUAL

INTRODUCTION / CONCLUSION - SEATED

This exercise always starts and concludes Tikva.

1. Begin in a seated basic position (image 1).
2. Move your arms out to the sides in a large circular motion while taking a deep breath in (image 2).
3. Clasp your hands (image 3).
4. Place them on your head and exhale (image 4).
5. Turn your hands (image 5).
6. Stretch your arms toward the sky (image 6).
7. Lean your upper body forward while exhaling, letting your arms hang down (image 7). Let gravity pull your body forward. Try not to resist the movement.
8. Return to the seated position by slowly rolling your upper body up. Try to initiate the movement from the lower spine, and roll up vertebra by vertebra.



Notes:

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B1 SEATED

1. Start in the seated basic position and place your elbows out to the sides of the body. Raise your arms with palms facing up (image 1).
2. Extend one arm straight forward and the other straight back (image 2). You may also let your gaze/head follow the arm going backward.



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Notes:

B2 SEATED

1. Place your hands behind your neck and open your chest, inhale (image 1).
2. Bring the elbows together in front of your face, bow your head toward your chest, and hunch the chest, exhale (image 2).



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Notes:

B7 SEATED

1. Start in the seated basic position. Stretch your left hand up and place your right hand on your right leg. Glide your right hand along the leg and bend your body forward. Keep your gaze on the left arm/hand as you rotate inward with an extended elbow (image 1).
2. Glide your right arm back until your back is stretched. Keep your gaze on the left hand (image 2).
3. Switch sides. Return to the basic position. Bend forward and repeat the movement.



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Notes:

C4 SEATED

1. Start in the seated basic position. Place your elbows out to the sides of the body and put one hand on top of the other with palms facing up (image 1).
2. Move your hands to the side in a rotation as far as you can, keeping elbows in contact with the body (image 2). Exhale as you rotate out. Inhale when returning.



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Notes:

C6 SEATED

1. Hold your hands on the chair behind you. Feet shoulder-width apart (image 1).
2. Lift your body and stretch out your hips and shoulders as far as you can. Exhale (image 2).



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Notes:

C8 SEATED

1. Place your hands on your shoulders. Make circular movements with both arms at the same time: first forward three times and then backward three times (images 1-3).
2. Move your arms out to the sides of the body in a large circular motion while taking a deep breath in (image 4).
3. When the arms are directly above your body, bend forward while exhaling and let your arms hang down (image 5). Let gravity pull your body forward. Try not to resist the movement.
4. Return to the seated position by slowly rolling your upper body up. Initiate the movement from the lower spine and roll up vertebra by vertebra.



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Notes:

D1 SEATED

1. Start in the seated basic position. Raise one arm above the body and one arm out to the side (image 1).
2. Lean the upper body to the side, stretching the upper arm in the same direction (image 2). The arm to the side goes straight down toward the floor. Try to reach as far down as possible with the lower arm while stretching the upper arm upward and to the side. Hips remain still. Only the upper body leans sideways. Exhale when leaning.
3. Alternate from side to side. Move the arm in front of you while the other arm goes up as you switch sides. Inhale here (images 3 & 4).



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Notes:

D2 SEATED

1. Start in the seated basic position. Raise both arms above the body and stretch tall (image 1).
2. Lean the upper body to the side. Keep the hips still. Only the upper body leans sideways. Exhale when leaning (image 2).
3. Alternate from side to side (image 3). You can inhale in the middle.



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Notes:

D4 SEATED

1. Sit in the basic position. Place your hands in front of you (image 1).
2. Move your arms in a circular motion in front of you. Try to keep your arms straight and the distance between your hands the same (images 2 & 3). Try to make the circle a bit bigger each round. Switch direction



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Notes:

D10 SEATED

1. Start in the seated basic position (image 1).
2. Begin rotating the upper body by leaning slightly forward while keeping hips in the same position (image 2). Only the upper body should rotate/bend. Hips remain still.
3. Let the body come forward.
4. To the other side.
5. Back (image 3).
6. Repeat the rotation. Don't forget to switch direction after a while.



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Notes:

D11 SEATED

1. Start in the seated basic position (image 1).
2. Rotate the upper body to the side and let the arms swing loosely with the movement (image 2).
3. Rotate to the other side (image 3). Let the arms stay relaxed and follow the movement like "strings." Keep the hips still.



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Notes:

F16 SEATED

1. Start with feet wide apart and hands on your shoulders (image 1).
2. Shift your weight from side to side. Let the knee point in the same direction as the foot (images 2 & 3). Repeat a few times.
3. Make backward circular movements with the same arm as the direction you're shifting weight.



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Notes:

F19 SEATED

1. Keep feet wide apart. Bend forward and relax the upper body. If possible, grab your feet, otherwise let the arms hang down toward the floor (image 1).
2. Let go with your fingers and slowly roll up to sitting, vertebra by vertebra.



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Notes:
