

2022

«Breathe, to connect with yourself»



Body Learning

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More information on the back

Introduction

How to use this calendar?

Each month focuses on a subject to train, proposing 3 simple exercises to practice every day.

Their purpose is to:

- mobilise your body - thus releasing tensions, especially in the upper part;
- reconnect with your body's sensations through breathing and movement - to be more present and calm;
- develop your bodyattention - to become more aware of your physical, emotional and mental state.

At the end of the practice, take a moment to pay attention to yourself, how you are and how you feel.

You can also, if it speaks to you, dedicate your practice to an intention for the day, or for the week or for the month.

During the practice, breathe with your nose and keep both feet on the ground as much as possible.

The time indications given for the breathing exercises are for guidance only. If they are too long to maintain for you, feel free to adapt them to your breathing capacity. However, try to explore your limits.

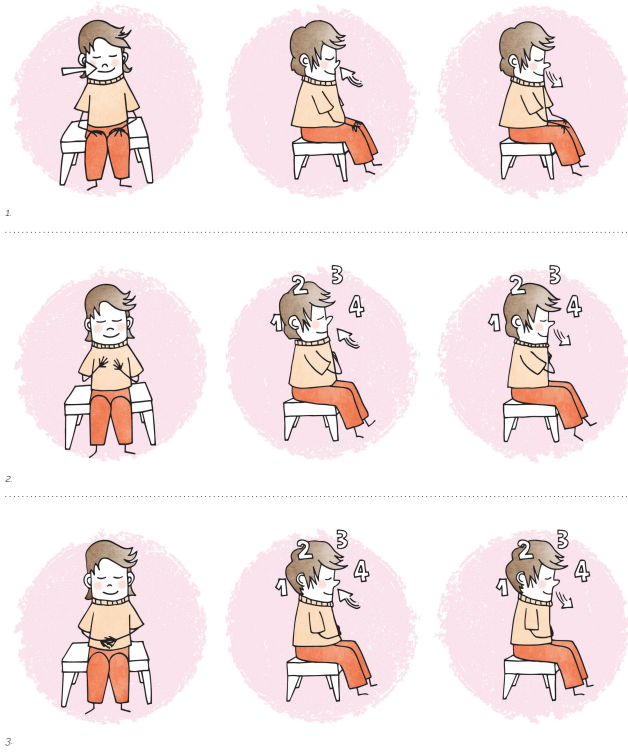
Movement exercises mobilise the muscles. They are not supposed to create pain. If you notice pain, shorten the duration or do not do this specific movement. You can try to explore the pain. Please, do it with attention. Sometimes the areas of the body that are least flexible are the ones that need the most attention. You can always contact me if you have any questions.

You will find more detailed explanations of the exercises and their duration on the back of each month.

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Conception: Michelle Sabatini / Design: Illustrations: Barbara C. Cruzar



More information on the back

Pay attention to the breath

1. Pay attention to the way you breathe. Breathe in and out through the nose. Notice how the chest, the ribs and the belly move as you breathe in and out. @ 3-5 minutes.
2. Sitting or standing. Back straight and both feet on the floor. Breathe in and out, focusing on the breath in the chest: breathe in counting until 4 and breathe out counting until 4 to slow down the breathing. @ 3-5 minutes.
3. Sitting or standing. Back straight and both feet on the floor. Breathe in and out, focusing on the breath on the belly: breathe in counting until 4 and breathe out counting until 4 to slow down the breathing. @ 3-5 minutes.



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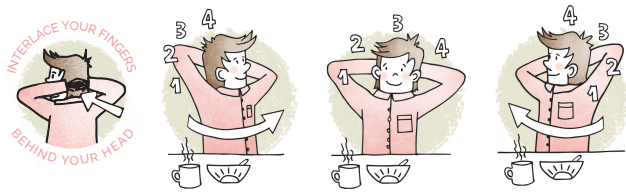
JANUARY

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Pay attention to the breath

1. Pay attention to your breathe by breathing through your nose.
2. Inhale and exhale counting until 4, focusing on thoracic breathing.
3. Inhale and exhale counting until 4, focusing on the abdominal breath.

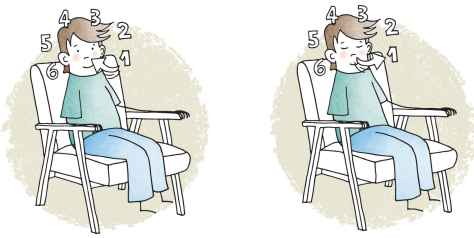
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FEBRUARY

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Relax the chest muscles

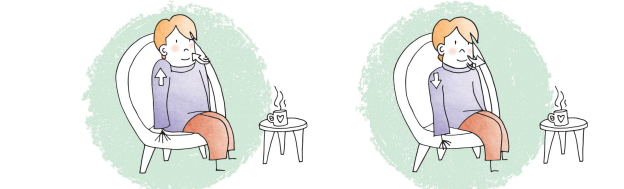
1. Interlace your fingers behind your head, elbows open. Inhale, turn to the right, exhale, return to centre, inhale, turn to the left. Shoulders relaxed, slow movement counting until 4.
2. Instead of turning, bend to the side. The head follows the movement.
3. Inhale counting until 6, then exhale counting until 6.

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Relax the chest muscles

1. Interlace the fingers behind the neck. Keep the back straight and the elbows open without effort during the movement. As you inhale turn right. As you exhale return to the centre. You turn to the left with the following inhalation and then return to the centre as you exhale. Repeat: 10 slow movements on each side.
2. Interlace the fingers behind the neck. Keep the elbows open without effort during the movement. Bend the torso to the right as you inhale so to open the left side of the ribcage. The left elbow points up. Return to the centre as you exhale. Bend the torso to the left on the next inhale, the right elbow points up. Repeat: 10 slow movements on each side.
3. Sit with your back straight and your chest open, without effort. Inhale slowly counting until 6 and exhale counting until 6 to slow down the breathing. 3-5 minutes.

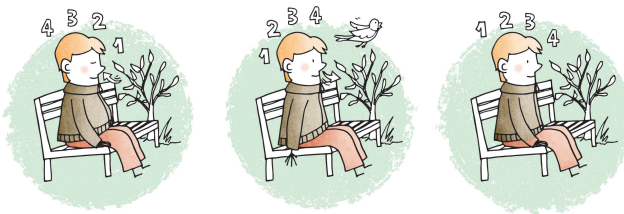
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MARCH

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Relax the shoulders

1. As you breathe in, contract your shoulders upwards, then relax them as you breathe out.
2. Slowly circle forward with both shoulders, then back. Then make circles with one shoulder forward and the other backward.
3. Inhale, exhale, hold the breath, counting until 4 each time.

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Relax the shoulders

1. Sitting or standing with a straight back. Slowly contract the shoulders upwards during the inhalation. Slowly release the contraction during the exhalation. 10 movements.
2. Sitting or standing with a straight back. Make circles with the shoulders. Slowly and as wide as possible while continuing to breathe calmly. 10 circles in each direction. You can also make circles in opposite directions: when the left shoulder turns forward, the right one turns backward and vice versa.
3. Sitting or standing with your back straight and your chest open, without effort. Breathe in slowly counting until 4. Breathe out counting until 4. Hold the breath counting until 4. 3-5 minutes.

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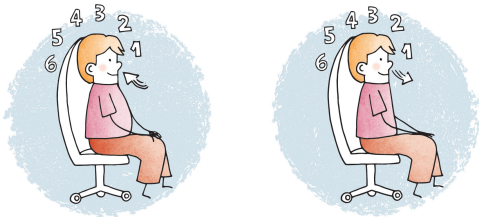




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Mobilise the spine

1. Sitting, interlace the fingers behind your neck with your elbows open. As you exhale, slowly curve your back, closing your elbows around your head to create a stretch in your spine. As you inhale, slowly straighten up and open your elbows. 10 movements.
2. Sitting with your arms raised above your head, bend forward while breathing out until you rest your torso on your legs and your arms descend beside your legs. Breathe in and out deeply. With the next inhalation, you slowly straighten up with your arms above your head. Exhale and inhale deeply. With the following exhalation, you slowly descend. 5 movements.
3. Sitting or standing with your back straight and your chest open, without effort. Inhale slowly counting until 6 and exhale counting until 6 to slow down the breathing. © 3-5 minutes.

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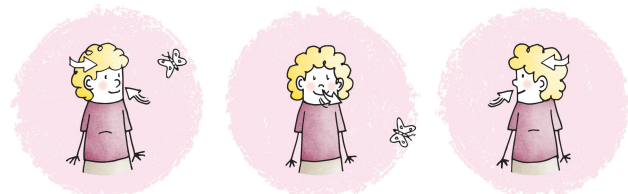
APRIL

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Mobilise the spine

1. Fingers interlaced behind head, elbows open. Exhale as you bend forward and close the elbows around head. Inhale as you straighten up and open the elbows.
2. Exhale as you bend until your torso rests on your thighs, arms on either side of your legs. Inhale as you come up with your arms over your head.
3. Sitting, inhale counting until 6, then exhale counting until 6.

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Mobilise the neck

1. Sitting or standing with your back straight and your chest open. As you inhale slowly, turn your head to the right as if to look behind your right shoulder. Exhale slowly and return to the centre. On the next slow inhale turn your head to the left as to look behind your left shoulder. Exhale slowly and return to the centre. 10 movements on each side.
2. Sitting or standing, back straight and chest open, as you inhale slowly, bend your head to the side so as to stretch the muscles next to the neck. As you inhale return to the centre. Repeat on the other side. Try to keep the nose on the central axis of the body during the movement. 10 movements on each side.
3. Sitting or standing with your back straight and your chest open, without effort. Breathe in slowly counting until 5. Breathe out counting until 5. Hold the breath counting until 5. © 3-5 minutes.

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MAY

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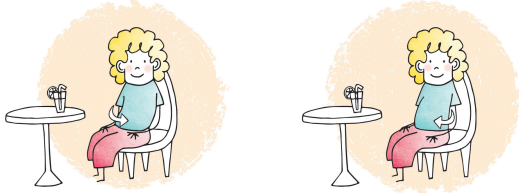
Mobilise the neck

1. Inhale as you slowly turn your head to one side, exhale as you return to the centre, then inhale as you slowly turn your head to the other side.
2. Inhale as you bend your head to one side, exhale as you return your head to the centre, then inhale as you bend your head to the other side.
3. Inhale, exhale, hold the breath, counting until 5 each time.

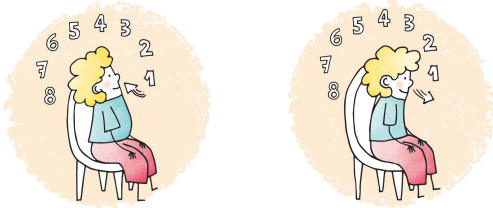
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JUNE

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Relax the belly

1. Lift one leg and slowly make a circle without putting the foot on the ground, put it down, repeat with the other leg.
2. Slowly move your belly hula hoop style, circle in one way and then the other.
3. Inhale and exhale deeply counting until 8, focusing on the belly.

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Relax the belly

1. Sit with your back straight. As you inhale, lift one leg, make a circle and place back the foot in the same place. Exhale. On the next inhalation, do the same movement with the other leg. 10 movements with each leg.
2. Sit with your back straight and breathe quietly. The hands are placed on your thighs. Slowly make two circles horizontally (hula hoop) with your belly in one direction and then make the circles in the other direction. You can feel the bones of the buttock moving on the chair. @ 2-3 minutes.
3. Sitting or standing with your back straight inhale slowly counting until 8 and exhale counting until 8 to slow down the breathing. Pay attention to your belly. @ 3-5 minutes.

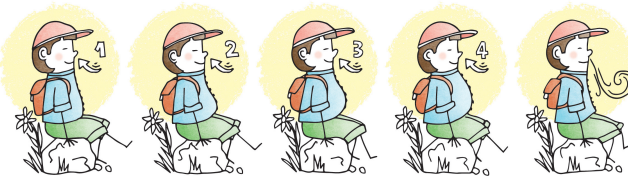
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Release the diaphragm

1. Sitting with your back straight. Breathe in slowly and then out with 4 exhalations pushing the air out of you until you are completely empty. Repeat 10 times.
2. Sitting with straight back. Exhale slowly and then inhale with 4 inhalations pulling the air in until you are completely full. Repeat 10 times.
3. Sitting or standing with your back straight. Breathe in slowly counting until 5. Hold the breath counting until 5. Breathe out counting until 5. Hold the breath counting until 5. Try to breathe with your belly. @ 3-5 minutes.

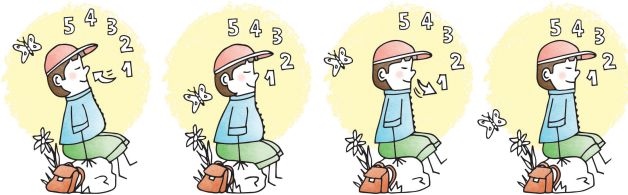
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JULY

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Release the diaphragm

1. Inhale in 4 quick breaths, exhale in 1 slow breath activating the diaphragm.
2. Inhale once slowly, exhale 4 times quickly, activating the diaphragm.
3. Inhale, hold the breath, exhale, hold the breath counting each time until 5.

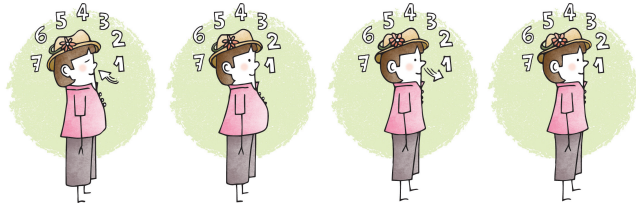
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Relax the mind

1. Sitting or standing with your back straight and your chest open, without effort. Breathe in slowly counting until 6. Breathe out counting until 6. Hold the breath counting until 6. © 3-5 minutes.
2. Stand with legs apart, knees parallel. As you inhale, slowly bend your knees, raising your arms until the height of your shoulders. Exhale as you lower your arms and straighten your legs. Inhale as you bend your knees and raise your arms sideways until the height of the shoulders. Exhale as you lower your arms and straighten your legs. The movements are slow and coordinated with the breath. The movement of the arms alternates: once raising the arms in front and once raising the arms on the sides. © 5 minutes.
3. Sitting or standing with your back straight. Breathe in slowly counting until 7. Hold the breath counting until 7. Breathe out counting until 7. Hold the breath counting until 7. If 7 is too long, practice with 5. © 3-5 minutes.



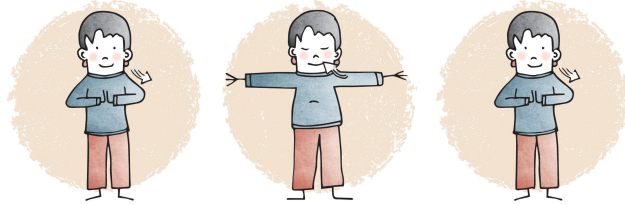
AUGUST

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Relax the mind

1. Inhale, exhale, hold breath, counting each time until 6.
2. Legs slightly apart, feet in line with your hips, inhale slowly, bending the knees and raising your arms (at the shoulders level). Return to the position when exhaling. Inhale, raise the arms to the side (at the shoulders level) bending your knees.
3. Inhale, hold the breath, exhale, hold the breath counting until 7 each time.

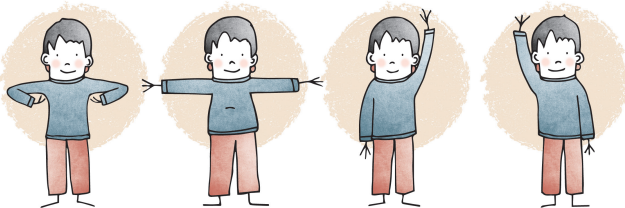
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Raise the energy level

1. Stand with your palms touching each other in front of your chest. As you breathe in, the hands, still touching, move away from the chest and open to the sides. As you exhale, the arms come back in front of you, the hands touch and then move back in front of the chest. The movements are slow and coordinated with the breath. © 5 minutes.
2. Sitting, take a deep breath and then breathe very quickly you push the air out with a quick contraction of the belly and then relax the belly which will cause a quick inhalation, 20 seconds. Take a breath and breathe slowly and deeply for 30 seconds. You can repeat this sequence 3 times.
3. Stand with your legs slightly apart. Practice 4 tonic movements with your arms while breathing in. Breathe out while changing the position of the arms:
 - 1) arms spread with elbows bent
 - 2) arms spread and straight
 - 3) right arm stretched up, left arm stretched down
 - 4) left arm stretched up, right arm stretched down
 Repeat © 3 minutes.



SEPTEMBER

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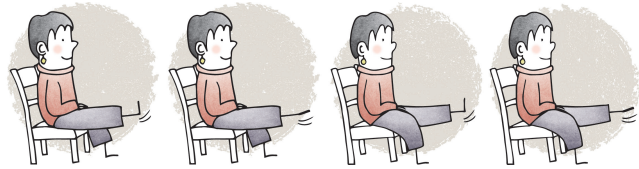
Raise the energy level

1. Join hands as you exhale, open arms as you inhale.
2. Take a deep breath. Then breathe in very quickly, pushing the air out with a rapid contraction of the belly. This will cause a rapid inhalation. Then breathe slowly and deeply.
3. A sequence of 4 different movements to be done with the arms while breathing in.

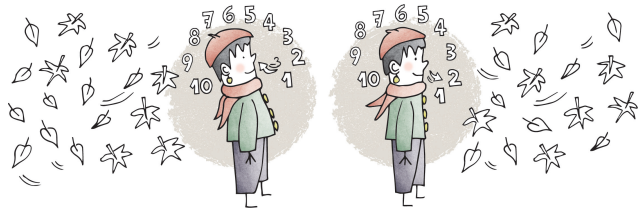
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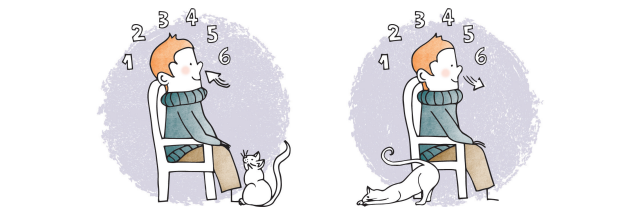
OCTOBER

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Stretching

1. Inhale while raising one arm upwards, exhale while lowering the arm. Repeat it with the other arm. Then do the same with the arm raised forward.
2. Sitting, raise one leg, foot flexed, then point the foot, lower the leg and repeat the same exercise with the other leg.
3. Breathe in and out, counting until 10 each time.

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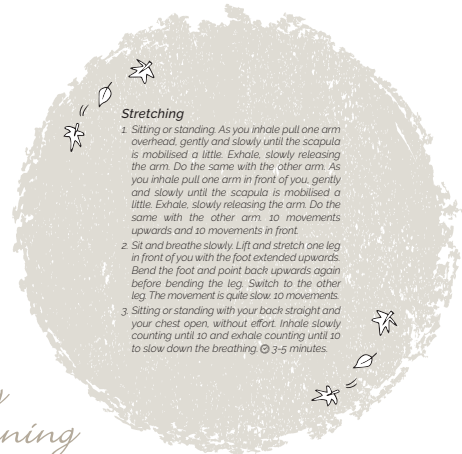
NOVEMBER

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Nurture silence 1

1. Breathe in and out slowly, counting until 6 each time.
2. Inhale as you raise your arms in front of you (till the shoulders line) while your feet go on the toes. Exhale as you lower your arms and feet to the floor.
3. Inhale, exhale, hold the breath, counting until 7 each time.

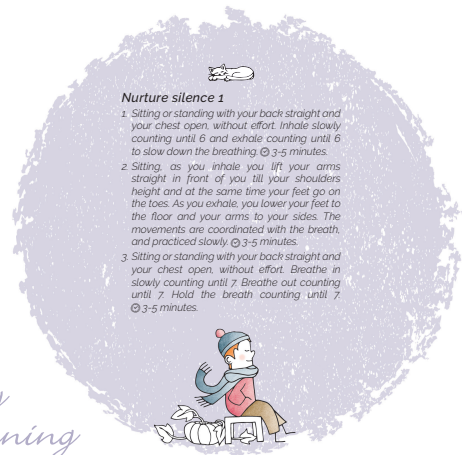
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Stretching

1. Sitting or standing. As you inhale pull one arm overhead, gently and slowly until the scapula is mobilised a little. Exhale, slowly releasing the arm. Do the same with the other arm. As you inhale pull one arm in front of you, gently and slowly until the scapula is mobilised a little. Exhale, slowly releasing the arm. Do the same with the other arm. 10 movements upwards and 10 movements in front.
2. Sit and breathe slowly. Lift and stretch one leg in front of you with the foot extended upwards. Bend the foot and point back upwards again before bending the leg. Switch to the other leg. The movement is quite slow 10 movements.
3. Sitting or standing with your back straight and your chest open, without effort. Inhale slowly counting until 10 and exhale counting until 10 to slow down the breathing. © 3-5 minutes.

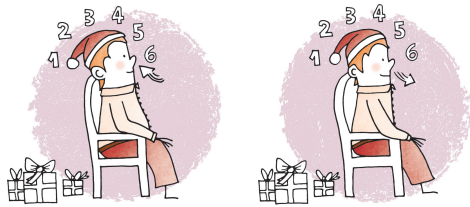
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Nurture silence 1

1. Sitting or standing with your back straight and your chest open, without effort. Inhale slowly counting until 6 and exhale counting until 6 to slow down the breathing. © 3-5 minutes.
2. Sitting, as you inhale you lift your arms straight in front of you till your shoulders height and at the same time your feet go on the toes. As you exhale, you lower your feet to the floor and your arms to your sides. The movements are coordinated with the breath, and practiced slowly. © 3-5 minutes.
3. Sitting or standing with your back straight and your chest open, without effort. Breathe in slowly counting until 7. Breathe out counting until 7. Hold the breath counting until 7. © 3-5 minutes.

Body Learning



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Body Learning

Nurture silence 2

1. Sitting or standing with your back straight and your chest open, without effort. Inhale slowly counting until 6 and exhale counting until 6 to slow down the breathing. ⌚ 3-5 minutes.
2. Sitting or standing with your back straight and your chest open. Your hands are lifted in front of your shoulders area, with relaxed shoulders. Breathe in slowly, opening your eyes and hands as slowly as possible. Exhale slowly, closing your eyes and hands as slowly as possible. ⌚ 3-5 minutes.
3. Sitting or standing with your back straight and your chest open, without effort. Inhale slowly counting until 7. Exhale counting until 7. Hold the breath counting until 7. ⌚ 3-5 minutes.



DECEMBER

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Nurture silence 2

1. Breathe in and out deeply, counting until 6 each time.
2. Sitting, inhale slowly with hands and eyes open, exhale slowly with hands and eyes closed.
3. Inhale, exhale, hold the breath, counting until 7 each time.

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