

Notes from Steve Maxwell seminar at YMAA Boston

<http://maxwellsc.com>

<http://www.ymaaboston.com>

Steve Maxwell DVDs and Digital Downloads:

<http://maxwellsc.com/store.cfm>

Breathing

-breathing test

--# of breaths per minute (nasal breathing: 8 or less optimal

--exhale & hold breath for time: 35 seconds

-- run at 180 steps per minute for 2 minutes. Exhale and hold breath: time

Pasat Ladd DVD breathing therapy

Choke movie

-3 constitutional types

Kafa, pita, vata

-John du yard body mind

-bellows breathing

--tap partners belly: exhale through mouth, inhale through nose

-breath holding exercise...

- breathing ladders w/ stepping
- hypoxic breathing for ostioarthritis

- "huh" sound for co2 venting

Bernard mac faddon

Dr hay

- The soil & health library

Chew your food

Alexander lowen

Self massage

- Shaking
- Vibration
- tense & release laying down

-systema walking

Vestibular system, proprioceptors and minimal footwear

- chris macdoigal born to run

Squatting

- partner squat training: pull feet towards and away from body w/ resistance

--pert er squat training: touch elbows to knees and have partner till you from back to front slowly. Knees & elbows stay touching.

--wrapping the groin

--wall facing squat

--frog squat

--speznatz wall squat

--seated hamstring shaking

--passive active sufficiency

--hack squat

--shin roll

--Z sit

--Russian squat complex

--X squat

--hip walk

bio mechanical exercises

Zen of running

Upper spine

-baby roll

-feldenkreis baby

-locust pose w/ staff

Neck

- packing the neck
- slide head, ear to floor
- head slide, shoulder to floor

Low back

- lay on back, feet on floor, neck packed, move feet away from hips while actively pressing low back to floor
- hard roll: hand behind head, elbow to opposite knee, opposite leg straight, feet off floor, roll slowly to bent leg side and back.
- pelvic tilt to floor.

Qigong recharge

Cross Crawling

- rocking
- baby crawl: crawling forward, back, side to side
- elevated baby crawl: knees off floor, hips below shoulders
- Spider-Man crawls