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Writer of books to support your self-healing

PaulaYoumellRN.com

Five Direction Spinal Movement Move Your Spine from Your Heart Space, Your Sternum



Tadasana
Mountain

Extension



Standing Side Bend

Lateral Bend to R & L



Uttanasana
Standing Forward Bend

Forward Fold from Hips



Bharadvajasana
Bharadvaja's Twist

Twist to R & L



Sphinx

Backbend



Uttanasana
Standing Forward Bend

Forward Fold



Savasana
Corpse

Having moved your spine, it's time to relax & deep breathe into:

- Heart Space
- Breaths from Heart space down arms to ends of fingers.
- Breathe down legs to tips of toes.
- Breathe into abdominal cavity filling each organ.
- Breathe up into brain thanking it for calmness.
- Remain in Savasana, five more Heart Space breaths.
- Enjoy knowing deep breaths invoke calmness & heal DNA.

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