



THE BRAIN WAVES YOGA METHOD™ HOME PRACTICE WORKBOOK

Rewire. Realize. Rise.™

THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™



Rewire: The Foundation of Stability

Welcome to your first step. **Rewire** is designed for those moments when the "Window of Tolerance" feels very small—perhaps you are experiencing high stress, recovering from burnout, or dealing with a flare-up of physical symptoms.

The goal here is not "exercise" in the traditional sense. It is Somatic Safety. We are sending a clear, repetitive signal to your brain: *"You are here, you are supported, and you are safe."*

1. The Orientation (Establishing Presence)

Focus: Grounding the senses to quiet the "high-alert" brain.

- **The 5-Senses Scan:** Look around the room. Silently name **3 blue things** you see, **2 textures** you can feel (like your sleeves or the chair), and **1 sound** you hear in the distance.
- **Constructive Rest:** Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Let your knees knock together to rest against each other. Place your hands on your ribs.
- **Weighted Compression:** If you have a blanket, place it across your hips. Feel the weight pressing you into the earth. **Mantra:** *"I am supported by the ground."*



2. The Gentle Whisper (Breathwork)

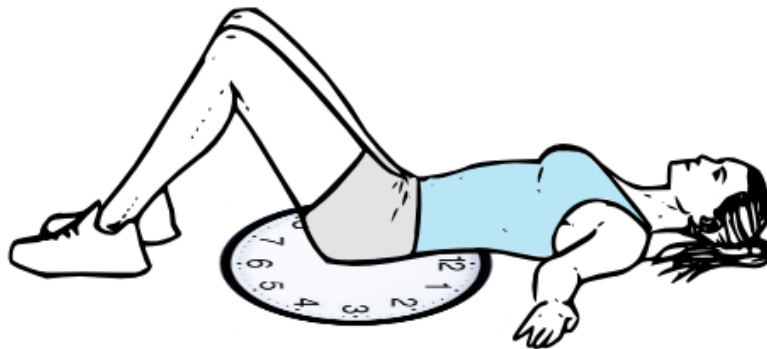
Focus: Signaling the Vagus nerve without straining the lungs.

- **Straw Breath:** Inhale naturally through your nose. Exhale through pursed lips, as if you are breathing out through a tiny straw. Make the exhale as long and thin as possible.
- **The "Vu" Sound:** Take a breath in, and on the exhale, make a deep, low-pitched "Vuuuuuuu" sound. Feel the vibration in your belly and pelvis. This resonance is like a massage for your nervous system.
- **Hand-on-Heart Coherence:** Place both palms over your heart space. Breathe underneath your hands, feeling the warmth of your own touch.

3. Micro-Movements (Neural Flossing)

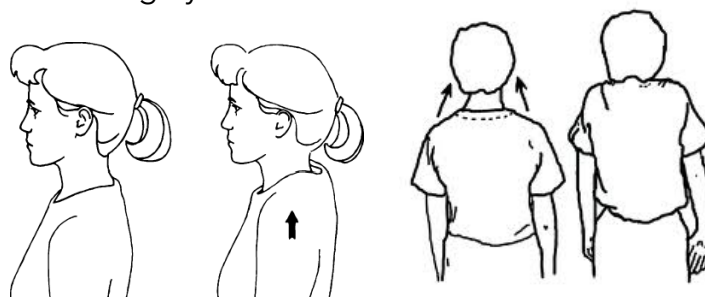
Focus: Very small, slow movements to "thaw" physical tension.

1. **The Pelvic Clock:** Lying on your back, imagine a clock face on your lower back. Gently rock your pelvis toward 12 o'clock (flattening your back) and then toward 6 o'clock (arching slightly). Move so slowly it's almost invisible.
Mantra: "I move with ease."



2. **Shoulder Shrug & Release:** Inhale, squeeze your shoulders up to your ears tightly. Hold for 2 seconds. Exhale, let them drop completely. Imagine the tension draining out through your fingertips.

Mantra: "I let go of what I don't need."



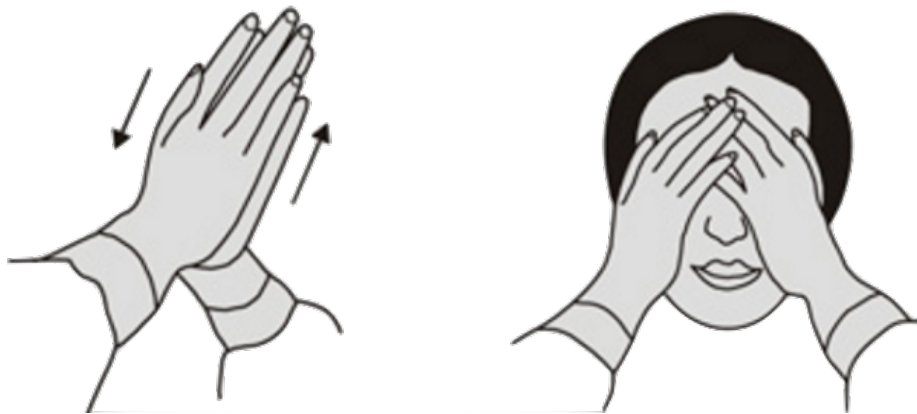
BRAIN WAVES
YOGA™

3. **Gentle Head Rolls:** Imagine drawing a tiny circle with the tip of your nose on the wall in front of you. Keep the circles the size of a coin.

4. The Sensory Reset

Focus: Resetting the visual and vestibular systems.

- **Palming the Eyes:** Rub your hands together to create heat. Cup them over your closed eyes. Allow your eyes to rest in the total darkness for one minute.



- **Ear Unrolling:** Use your fingers to gently "unroll" the outer edges of your ears, starting from the top and moving to the lobes.
Mantra: *"I am listening to my body's wisdom."*



💡 The Neuroplasticity Insight: The Power of the Mind: The "Quiet Signal"

In **Rewire**, we honor the **Power of Stillness**. If your body feels like it cannot move today, remember: **Visualization is Practice**. Simply closing your eyes and imagining yourself breathing deeply or moving your spine creates the same neural "spark" in the brain as doing it physically.

The "Slow-Mo" Rule: In **Rewire**, we move at the speed of safety. If you feel your breath catch or your jaw tighten, move even slower.

Next Steps: When you feel you can complete this sequence while maintaining a steady, easy breath, you may be ready to explore **Rewire: The Foundational Reset**.

Remember: You are literally "rewiring" your brain for resilience. Every breath and every movement creates new pathways for recovery.



THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™



BRAIN WAVES
YOGA™

Root: Rhythms of Resilience

This practice builds upon the foundations of **Rewire**. While **Rewire** sessions focused on calibration and chair transitions, **Root** focuses on **Rhythmic Movement** and **Midline Crossing**. By moving in a steady, predictable rhythm, we provide the brain with the "data" it needs to feel organized, focused, and calm.

1. The Sensory Anchor: Tactile Awakening

Focus: Defining the body's boundaries to reduce "floaty" anxiety.

- **Body Tapping (Guan Qi):** Using loose fists or open palms, gently tap down the outside of your arms and up the inside. Tap lightly around your chest and down your legs. This "wakes up" the skin receptors and tells the brain exactly where the body begins and ends.
- **The Jaw Release:** Place your fingertips on your masseter muscles (where the upper and lower jaws meet). Open your mouth slightly and move your jaw gently from side to side while massaging in small circles.
Mantra: "I am grounded in my skin."

2. Pranayama: The Balancing Breath

Focus: Harmonizing the left and right hemispheres of the brain.

- **Ocean Breath (Ujjayi):** Inhale through the nose. Exhale through the nose while slightly constricting the back of the throat (as if fogging up a mirror). The soft "hissing" sound provides a focal point for the mind.
- **The Physiological Sigh:** Inhale deeply through the nose, followed by a quick second "sip" of air at the very top. Release with a long, vocalized "aaah" through the mouth. Repeat 3 times to rapidly offload stress.

3. Realize Through Movement: The Rhythmic Flow

The Warm-Up: Spirals and Crossing

Gentle movements to wake up the spine and cross the midline.

1. **The Washing Machine:** Stand with feet wide and knees soft. Gently swing your arms side to side, letting them "thwack" lightly against your hips/lower back. Let your gaze follow the movement. **Mantra:** "I release the old."
2. **Seated or Standing Side-Body Stretch:** Interlace your fingers and flip your palms toward the sky. Lean slowly to the left, then the right.
Mantra: "I am flexible and firm."



The Rooting Flow: Coordination & Grace

Graceful movements to circulate energy (Qi) and build coordination.

3. **The Fountain (Qigong):** Bring the backs of your hands together in front of your lower belly. Inhale as you lift them up the center of the body; exhale as they "fountain" out to the sides and back down. **Mantra:** "My energy flows freely."
4. **Crane Flies (Qigong):** This movement synchronizes the breath with the rhythmic "flapping" of the arms to foster fluid grace and effortless coordination. It is particularly effective for clearing brain fog and smoothing out a jagged heart rate.
The Movement: On a slow **Inhale**, float your arms out and up to shoulder height, keeping your elbows and wrists soft like feathers. On the **Exhale**, slowly float the arms back down, feeling the air move beneath your palms. **The Add-On:** Soften your knees and sink slightly as the arms descend; rise slightly as they lift.
Mantra: "I move with ease."



The Energy Reset: Grounded Stability

Building functional strength and internal stability.

5. **The Mountain Breath:** Stand tall in Mountain Pose. As you inhale, slowly float your heels off the floor. As you exhale, slowly lower them. Feel the transition of weight. **Mantra:** "I am steady."
6. **Goddess Pose (Modified):** Take a wide stance with toes turned out. Sink your hips slightly and "goalpost" your arms. Focus on the strength in your legs. Can be done sitting in a chair. **Mantra:** "I am powerful."



4. The Quiet Finish: Integration (Cool Down)

Integrating the practice.

- **The Horizon Scan:** Keep your shoulders still. Very slowly, turn your head to the far left, then the far right, letting your eyes take in the details of the room.
- **The Heart-Belly Connection:** Place one hand on your heart and one on your belly. Feel the rhythm of your heart slowing down to match your breath.
Mantra: "The world is steady, and so am I."

💡 The Power of the Mind: The "Slow-Mo" Rule

Remember: The slower you move, the more "high-resolution" information your brain receives. Fast movement often relies on old, reflexive habits. **Slow, intentional movement** allows you to **create new neural pathways**. If you find yourself rushing, simply pause, take one Ocean Breath, and begin again.



THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™



BRAIN WAVES
YOGA™



Calm Your Mind, Balance Your Body

Rewire: The Foundational Reset

This handout provides key practices to help you continue your journey toward a resilient nervous system at home.

This sequence is designed to **"talk"** to your nervous system, switching it from **"Fight or Flight"** to **"Rest and Digest."** It helps clear brain fog, release physical tension, and helps you feel more grounded in your body.

Listen to your body: if a move doesn't feel right today, skip it or stay in a pose that feels good.

1. Self-Massage & Palming (Senses)

Focus: Stimulating the Vagus Nerve and soothing the senses.

- **Massage:** Use gentle circular motions to massage your temples, jaw, and the back of your neck. Gently pull on your earlobes to **stimulate vagal pathways**.
- **Palming the Eyes:** Rub your palms together vigorously until they feel warm. Place your cupped palms over your closed eyes without applying pressure. Breathe into the soothing darkness to reset your visual system.
- **The Eye Compass:** Keep your head still. Look Up, Down, Left, and Right.

2. Pranayama (Breathwork)

Focus: Switching the body from "fight or flight" to "rest and digest."

- **Diaphragmatic Breathing (Belly Breath):** Place one hand on your chest and the other on your belly. Inhale deeply through your nose, feeling your belly expand like a balloon while your chest stays relatively still. Exhale slowly.
- **4-7-8 Breathing:** Inhale through your nose for **4** counts, hold the breath for **7** counts, and exhale through your mouth (making a "whoosh" sound) for **8**

counts. Great for immediate anxiety relief. *If holding for 7 counts feels stressful, shorten the counts but keep the exhale longer than the inhale.*

- **Alternate Nostril Breathing (Nadi Shodhana):** Use your right thumb to close your right nostril and inhale through the left. Close the left nostril with your ring finger, release the right, and exhale. Inhale right, then switch to exhale left. This balances the left and right hemispheres of the brain.

3. Rewire Through Movement: Chair to Standing Sequence

The Warm-Up: Calibration

Gentle movements to wake up the spine and cross the midline.

1. **Mountain Pose:** Sit tall. Feel your feet on the floor. **Mantra:** "I am here."
2. **Seated Cat-Cow:** Arch your back (Inhale), then round your spine (Exhale). **Mantra:** "I am fluid."
3. **Seated Circles & Twist:** Rotate your torso in slow circles, then gently twist to look over each shoulder. **Mantra:** "I am flexible."
4. **Side Reach:** Reach one arm high and lean over. Breathe into your ribs. **Mantra:** "I create space."
5. **The Archer:** Pull an imaginary bow-string back; follow your elbow with your eyes. **Mantra:** "I am intentional."

Finding Your Flow

Graceful movements to circulate energy (Qi) and build coordination.

6. **Crane Flies (Qigong):** Inhale, float arms up like wings; exhale, float them down. **Mantra:** "I move with ease."
7. **Circle of Joy:** Interlace fingers: push forward, reach up, then sweep wide. **Mantra:** "I open my heart."
8. **Seated Bird Dog:** Scoot forward slightly so your back isn't resting against the chair, engaging your core to maintain an upright posture. Straighten your **right leg** out in front of you, then raise your **left arm** forward and up. **Mantra:** "I am balanced."



The Energy Reset

Building functional strength and internal stability.

9. **Seated Child's Pose:** Sit back, open knees wide, and fold forward over your lap.
Mantra: "I am safe."
10. **Chair Pose:** Sit at the edge of a chair. Press feet down like you're about to stand. Stand. **Mantra:** "I am powerful."
11. **Horse Stance / Hug a Tree:** Standing with wide legs, knees bent. Circle arms as if holding a large tree. For stability, hold onto the back of the chair. **Mantra:** "I am strong."
12. **The Stork:** Balance on one leg. For stability, hold onto the back of the chair. **Mantra:** "I find my center."

The Quiet Finish

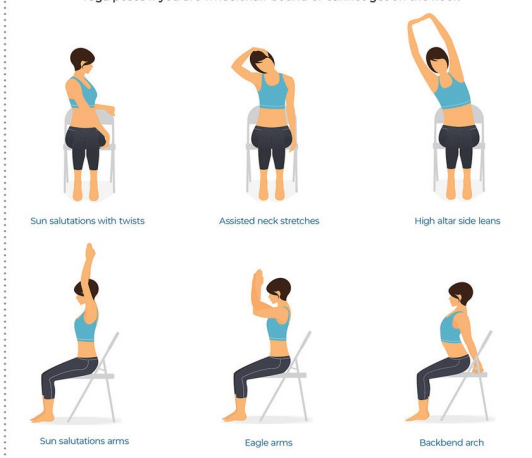
Stabilizing the inner ear and integrating the practice.

13. **The Horizon Scan:** Keep eyes on a spot; slowly turn your head left and right.
Mantra: "The world is steady."
14. **Sun-King:** Big inhale. Reach wide in a "V" and look up at the sun. **Mantra:** "I am confident."

Yoga poses to help with pain.



Yoga poses if you are wheelchair bound or cannot get on the floor.



15. **Standing Downward Dog:** Stand behind a chair, grip the backrest, and walk your feet back until your body forms an "L" shape. Take 3 long, slow breaths. **Mantra:** "I am grounded."



Circle of Joy



Bird Dog



Stork

Tips

- **The Power of the Mind: Neuroplasticity** is the brain's ability to reorganize itself by forming new neural connections. **Visualization is a powerful tool** in this process; if a movement is too difficult today, simply **imagine** yourself doing it. Your brain activates the same neural pathways as if you were physically moving! By practicing visualization, you are literally "rewiring" your brain for resilience and recovery.
- **The "Slow-Mo" Rule:** The slower you move, the more your brain learns.
- **Barefoot is Best:** This gives your brain more "data" from the floor to improve balance.

Resources

Video Guide:

Watch the "Crane Flies" movement here: youtube.com/watch?v=NacZuGszU04

Remember: You are literally "rewiring" your brain for resilience. Every breath and every movement creates new pathways for recovery.



BRAIN WAVES
YOGA™

THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™



Realize: Expanding the Window of Tolerance

This practice builds upon the foundations of **Rewire** and **Root**. Now that we have established a sense of safety, we begin to **challenge the nervous system** in a controlled way. By introducing more complex movements and deliberate state-shifting, we **expand your 'Window of Tolerance,'** teaching your brain to remain calm even when the body is working hard.

1. The Internal Anchor (Somatic Tuning)

Focus: Enhancing interoception (your internal sense of the body).

- **Vagal Ear Pull & Hum:** Gently pull your earlobes outward and downward. As you exhale, make a low "mmm" humming sound. Feel the vibration in your chest and throat.
- **The Peripheral Expansion:** Soften your gaze on a point in front of you. Without moving your eyes, try to "notice" the space to your far left and far right simultaneously.
- **Body Scan Meditation:** Briefly close your eyes. Notice where your body meets the floor or chair. Identify one area of "neutral" sensation (e.g., your earlobes or elbows) and anchor your attention there.

2. Pranayama (Breathwork)

Focus: Building CO2 tolerance and strengthening the diaphragm.

- **Box Breathing (4-4-4-4):** Inhale for 4, hold full for 4, exhale for 4, hold empty for 4. This "square" breath provides a firm structure for the mind to follow.
- **Skull Shining Breath:** Short, powerful exhales through the nose while snapping the navel toward the spine. **Inhales happen passively.** *Note: Skip this if you are feeling high anxiety today; stick to 4-7-8.*

- **4-7-8 Breathing:** Inhale through your nose for **4** counts, hold the breath for **7** counts, and exhale through your mouth (making a "whoosh" sound) for **8** counts. Great for immediate anxiety relief. *If holding for 7 counts feels stressful, shorten the counts but keep the exhale longer than the inhale.*

3. Realize Through Movement: The Stability Flow

The Warm-Up: Midline Crossing

Gentle movements to wake up the spine and cross the midline.

1. **Standing Cross-Crawls:** While standing, lift your right knee and touch it with your left hand. Switch sides. Move slowly and deliberately.
Mantra: "My brain is integrated."



2. **Rib Cage Slides:** Keep your hips still. Slide your rib cage side-to-side, feeling the lateral stretch. **Mantra:** "I am adaptable."

The Rising Flow: Integrated Strength

Graceful movements to circulate energy (Qi) and build coordination.

3. **Sun Salutation A (Modified):** Use the chair for support.
Mantra: "I rise with purpose."



BRAIN WAVES
YOGA™

4. **Warrior II:** Step into a wide stance. Bend the front knee. Reach arms wide and gaze over your front middle finger. **Mantra:** "I am steady and focused."



5. **The Crane Recuperates after Long Flight (Qigong):**

The Crane Recuperates is a rhythmic, full-body pulse that mimics the bird's breath and movement. It combines a "Standing Cat-Cow" spinal wave with a subtle shift in your center of gravity.

The Movement:

The "Cat" Phase: Spine: Round your back and tuck your chin, stretching the space between your shoulder blades. **Arms:** Reach both arms forward. Point your fingers and extend your wrists downward (like a crane's beak). **Feet:** Rock back onto your heels, keeping your toes light.

The "Cow" Phase: Spine: Lift your chest, arch your back gently, and look slightly upward to open the throat. **Arms:** Pull your elbows back and flex your wrists (fingers pointing up/back), opening the palms and chest. **Feet:** Rock forward slightly onto the balls of your feet/toes.

Imagine you are a crane perched on a branch, shifting your weight and expanding your lungs to recover your strength.

Mantra: "I gather my energy."

The Challenge: Proprioceptive Loading

Building functional strength and internal stability.

6. **The Stork with a Twist:** Balance on one leg. Once steady, slowly turn your head to look over your shoulder. This challenges the inner ear and brain's map of the body. **Mantra:** "I find balance in motion."
7. **Plank:** Build internal heat and core stability. If needed, drop knees to the floor for support. **Mantra:** "I am resilient."



The Integration (Cool Down)

Integrating the practice.

8. **Legs Up the Wall:** Lie on your back with your legs resting vertically against a wall. This encourages venous return and signals the heart to slow down.
9. **The "Slow-Mo" Roll:** Slowly roll your head from side to side, taking at least 10 seconds for one full rotation.



- 10. Final Resting Pose (Savasana):** Allow the "data" of the movement to settle into your nervous system.

💡 The Neuroplasticity Insight: The "Challenge Point"

In Level 2, we look for the **Challenge Point** — that moment where a pose feels difficult but not overwhelming. When you stay in a challenging pose and maintain a steady breath, you are training your amygdala (the brain's alarm system) that you are safe even during stress. This is how we "**Realize**" our strength.

The "1% Rule": You don't need to master the pose today. You only need to be 1% more curious about the sensation than you were yesterday.

🌐 Resources

Video Guide:

Watch the "Crane Recuperates after Long Flight" movement here: <https://www.youtube.com/watch?v=OS3tO3TGJOs>

Remember: You are literally "rewiring" your brain for resilience. Every breath and every movement creates new pathways for recovery.



THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™



BRAIN WAVES
YOGA™

Restore: The Recovery Bridge

This practice is the vital "Integration Phase" of the Brain Waves Yoga method. While other levels focus on building resilience through action, **Restore** focuses on resilience through **stillness**. During deep rest, your brain's glymphatic system clears out metabolic waste and consolidates the neural pathways you've been building. This is where the "Rewiring" truly sticks.

1. The Down-Shift (Environment & Prep)

Focus: Diminishing external stimuli to signal the brain it is time to "Off-Duty."

- **The Soften:** Dim the lights, put on warm socks, and ensure your space is quiet.
- **Supported Constructive Rest:** Lie on your back with knees bent, feet wide, and knees knocking together. Place a folded blanket or pillow over your pelvis. The gentle weight provides "proprioceptive feedback" that signals safety.
Mantra: "I have nowhere else to be."



2. The Internal Brake (Breath)

Focus: Maximal Parasympathetic activation.

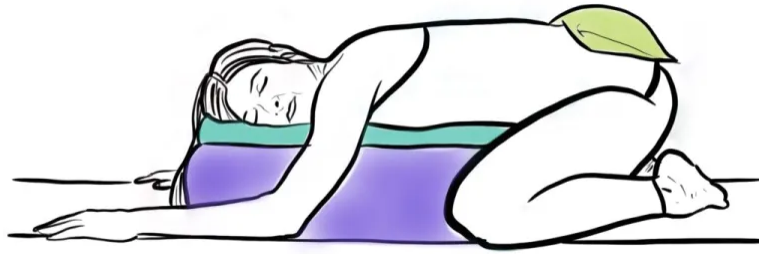
- **Left Nostril Breathing (Chandra Bhedana):** Close your right nostril with your thumb. Inhale and exhale slowly through the **left nostril only**. *Why:* In yoga and somatic traditions, the left nostril is linked to the "cooling," calming side of the nervous system.
- **The "Humming Bee" (Bhramari):** Inhale naturally. On the exhale, keep your lips lightly sealed and make a steady "mmm" sound. Feel the vibration echoing in your skull and chest. **Mantra:** "I am quiet within."

3. Passive Resiliency (Restorative Shapes)

Focus: Long-hold poses to release the "Deep Fascia" and "thaw" chronic tension.

1. **Supported Child's Pose:** Place a bolster or several pillows lengthwise between your knees. Fold forward, resting your chest and one cheek on the pillows. Stay for 3–5 minutes.

Mantra: "I am fully supported."

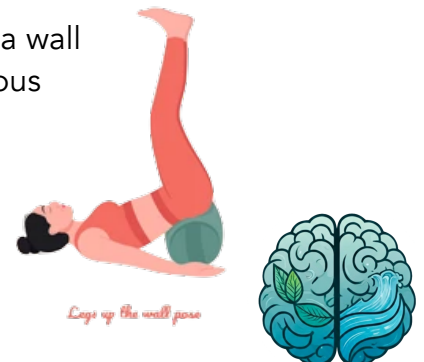


2. **The Heart Opener:** Place a pillow horizontally under your shoulder blades and another under your head. Let your arms fall open like a book. This counters the "protective" hunching we do during stress. **Mantra:** "I am open to rest."



3. **Legs Up the Wall (Viparita Karani):** Scoot your hips close to a wall and rest your legs vertically against it. This encourages "Venous Return," helping the heart work less and the brain feel more grounded.

Mantra: "I let the day drain away."



4. The Consolidation (Yoga Nidra)

Focus: Reaching the "Hypnagogic State" for deep neural repair.

- **The Rotation of Consciousness:** While lying perfectly still, mentally "touch" each part of your body without moving it. Start at the right thumb, move to the wrist, elbow, shoulder... then the left side... then the toes.
4. **The "Brain Dump" (Mental Visualization):** Imagine your thoughts are like leaves on a stream. Watch them float by without grabbing them. If a "To-Do" list item appears, imagine placing it in a box to be opened tomorrow.



The Neuroplasticity Insight: Rest is Productive

We often think of rest as "wasted time." However, your brain requires **Non-Sleep Deep Rest (NSDR)** to move information from short-term memory to long-term "wiring." Without Restore, your resilience training is incomplete. Rest is not the *reward* for your work; it is a *requirement* of the work.



Resources

Listen to the 20-minute "Deep Recovery" Yoga Nidra.



BRAIN WAVES
YOGA™

THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™



Reset: The Express Reset - Your 10-Minute Nervous System "Short-Circuit"

This is your **"In-Case-of-Overwhelm" toolkit**. It is designed for those moments when you are in the middle of a stressful workday, feeling a spike in anxiety, or struggling with an afternoon energy crash. These movements are discrete, fast-acting, and **designed to "short-circuit" the stress response** and bring you back to a state of calm focus.

1. The Circuit Breaker (Breath)

Focus: Immediate physiological off-ramping of the "Fight or Flight" response.

- **The Physiological Sigh:** Inhale deeply through your nose. At the very top, take one more tiny "sip" of air to fully expand the lungs. Release with a long, heavy "Sss" or "Haa" sound through the mouth.
Why it works: This is the fastest way to offload carbon dioxide and signal the brain to lower the heart rate.
- **Box Breathing (4-4-4-4):** Inhale for 4, hold for 4, exhale for 4, hold empty for 4.
Why it works: The rhythmic counting "occupies" the prefrontal cortex, stopping the loop of stressful thoughts.

2. The Sensory Override (Vagal Toning)

Focus: Sending a "Safe" signal directly to the brainstem.

- **Ear Traction:** Place your thumbs just inside the "bowl" of your ears. Gently pull the ears outward and slightly down. While holding, take three slow breaths.
- **The Jaw Drop:** Place your hands on your cheeks. Let your jaw hang heavy and move it slowly side-to-side. **Mantra:** "I release the pressure."

- **The Horizon Scan:** Keeping your shoulders forward, slowly move only your eyes to the far left corner, then the far right corner. Let your neck follow only after the eyes have reached their limit.

3. The Integrated Micro-Flow (Movement)

Focus: Breaking the "Physical Armor" of stress in the neck and shoulders.

1. **The Desk-Press:** Place your palms flat on your desk or a table. Press down firmly while straightening your arms and tucking your chin. Hold for 5 seconds, then "melt" and relax.
2. **Shoulder Rolls & Tapping:** Roll your shoulders back 5 times. Then, use your fingertips to lightly tap your collarbones and the center of your chest.
Mantra: "I am coming back to center."
3. **The Seated Twist:** Sit at the edge of your chair. Hold the back of the chair with one hand and gently rotate your torso. Breathe into the side of your ribs.
Mantra: "I create space."

4. The Cognitive Re-Entry

Focus: Transitioning from "Stress Mode" back to "Task Mode."

1. **The "3-2-1" Grounding:** Name **3** things you can see in your immediate workspace, **2** things you can hear right now, and **1** sensation in your body (e.g., your feet on the floor).
2. **The Final Anchor:** Place one hand on the back of your neck and one on your forehead. Close your eyes for 30 seconds and imagine your brain "cooling down."



The Neuroplasticity Insight: The Power of Repetition

You don't need a yoga mat or a 60-minute window to rewire your brain. Performing this **Express Reset** twice a day—even when you aren't feeling stressed—trains your nervous system to find the "Brake Pedal" more quickly when a real crisis hits.

