

MOVE

WITH

EASE

**NURTURING THE
BODY AND MIND:
MOVEMENT
RITUALS FOR
WOMEN SEEKING
WELLNESS AND
BALANCE**

7

*7 Daily Movement
Exercises for
Women to
Boost Daily
Productivity*

SWIPE FOR MORE TIPS

MOVEMENT
RITUALS FOR
WOMEN SEEKING
WELLNESS AND
BALANCE

Introduction

Growing up, I watched my mother navigate the world as a single parent, balancing work, responsibilities, and the emotional weight of raising a child alone. She carried so much stress sometimes without realizing how deeply it affected her body, her energy, and her confidence. As a boy, I felt helpless, unable to ease her burden. But today, as a certified Movement Analyst, I have the tools and knowledge to make a difference.

This guide is a gift to every woman who pours herself into her family, her work, and her world-often without a moment to care for herself. Whether you're a mother, a caregiver, a professional, or all of the above, this guide offers a pathway back to your own body. Movement is more than just exercise-it's a tool for stress relief, confidence, and balance. With Laban Movement Analysis (LMA) and Bartenieff Fundamentals (BF), we can unlock simple ways to move through life with greater ease and joy.

1

Day 1: Shoulder Roll Reset

Purpose: Release tension from the neck and upper back.

Instructions:

1. Sit or stand tall with your spine aligned and shoulders relaxed.
2. Begin rolling your shoulders backward in slow, controlled circles.
3. Complete 10 backward rolls, breathing in as you lift and out as you drop.
4. Reverse the direction and do 10 forward rolls.
5. Afterward, pause with your shoulders relaxed and eyes closed for a few breaths.

Benefits: Relieves built-up stress, improves posture, and helps center your focus.

2

Day 2: Grounding Foot Press

Purpose: Build stability and awareness from the ground up.

Instructions:

1. Stand tall with feet hip-width apart, knees soft.
2. Press your feet firmly into the floor without gripping your toes.
3. Feel the energy rise through your legs as you root into the ground.
4. Engage your thighs and lightly activate your core.
5. Hold for 30 seconds, relax, and repeat 2 more times.

Benefits: Increases body grounding, improves lower-body awareness, and builds energy without exertion.

3

Day 3: Side Body Stretch

Purpose: Open up the ribs, waist, and spine for easier breathing and better mobility.

Instructions:

1. Stand or sit with your feet rooted and spine tall.
2. Lift your left arm overhead, reaching gently to the right.
3. Let the right arm relax along your side or support you if seated.
4. Feel the stretch from hip to fingertips. Hold for 20–30 seconds.
5. Switch sides and repeat. Do this 2–3 times per side.

Benefits: Releases side body tension, enhances breath capacity, and improves spinal flexibility.

4

Day 4: Core Activation Breath

Purpose: Engage the core and promote centered breathing.

Instructions:

1. Sit or stand upright. Place a hand on your belly.
2. Inhale through your nose, allowing the belly to rise gently.
3. Exhale through your mouth, drawing the belly inward toward your spine.
4. Pause briefly before your next inhale.
5. Repeat this breath cycle for 1–2 minutes.

Benefits: Strengthens deep abdominal muscles, supports posture, and calms the nervous system.

5

Day 5: Heart Opener

Purpose: Expand the chest and lift the spirit.

Instructions:

1. Stand tall or kneel with your spine straight.
2. Clasp your hands behind your back, interlocking fingers or holding wrists.
3. Inhale and gently lift your chest, drawing the shoulder blades together.
4. Tilt your chin slightly upward and breathe into your chest.
5. Hold for 30 seconds, then slowly release. Repeat once more.

Benefits: Improves posture, opens the heart center, and combats the effects of slouching.

6

Day 6: Flow Shake

Purpose: Release stagnant energy and refresh your body.

Instructions:

1. Stand with feet apart, arms relaxed by your sides.
2. Begin gently shaking your hands, arms, and then legs.
3. Let the movement be loose, natural, and rhythmic.
4. Bounce lightly on your heels if comfortable.
5. Shake for 30–60 seconds, then pause and take a deep breath.

Benefits: Releases tension, boosts circulation, and lifts mood instantly.

7

Day 7: Spiral Twist

Purpose: Encourage spinal mobility and emotional balance.

Instructions:

1. Sit or stand tall with feet grounded.
2. Gently twist your torso to the right, placing your left hand on your right thigh or hip.
3. Let your right hand rest behind you or on your lower back.
4. Breathe deeply, lengthening your spine on the inhale and deepening the twist on the exhale.
5. Hold for 20 seconds, return to center, then switch sides.
6. Repeat twice per side.

Benefits: Enhances flexibility, aids digestion, and allows you to release and reset emotionally.

Ready for More?

These daily movement rituals are just the beginning. If you've felt even a small shift in your body, your breath, or your mindset this week—imagine what's possible when you begin to move with deeper intention and support.

 **Now available on our website:**


Fix Your Lower Back Pain: 10 Head-Tail Connection Exercises for Bulging Disc Recovery

This focused guide offers simple yet powerful movement practices to restore spinal alignment, relieve discomfort, and support lasting recovery—especially for those dealing with bulging discs or chronic tension.

Stay connected with Taiwo Adeleye, Certified Movement Analyst (CMA), for more:

- Guided video classes
- Live movement therapy workshops
- Group wellness sessions
- Corporate body-awareness training for work-life balance

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 Sign up for our newsletter at taiwoadeleye.com to stay informed about new programs, tools, and movement resources.

Your body is your story—move it with ease, strength, and purpose.