



FROM CHRONIC PAIN TO MOVING FREELY AGAIN:

**How to Stop Falling Apart in Your 40s so You Can
Keep Earning, Stay Active, and Have Fun**

**With Robin Penney
Yoga + Movement Coach**

MOVING FREELY AGAIN::WORKBOOK

Use this handy workbook to follow along with the talk and take notes as we go! Relax, ease in, and this will all be immediately useful to you.

List your injuries/discomfort/chronic pain without the “story”

Mindset shift in how we deal with chronic pain:

Old way

New way

What are ways that you have tried that fall under “pushing/pulling”? Write them here.

Benefits of Rebuilding Approach:

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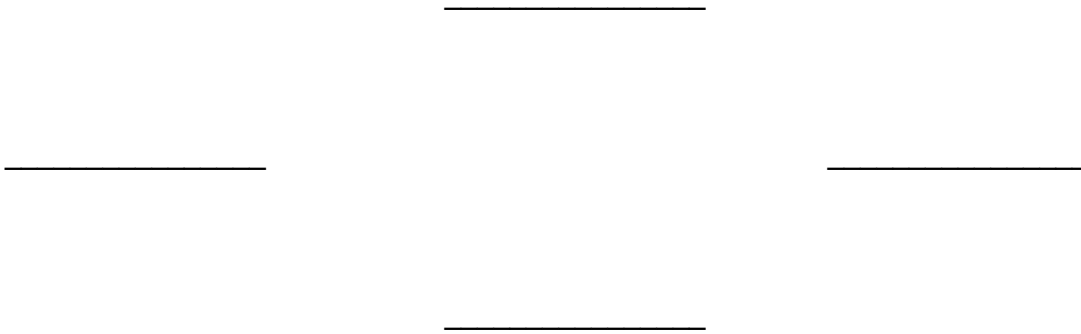
Feminine approach to business and to life: You have a _____!! It's your #1 asset!

Your body is _____, so your movement practice must be _____.

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Challenge #1: “I have a specific issue that’s completely distracting me right now.”

The cycle:



How we typically try to solve this (push/pull): _____

Myth #1: “After 40, things change and there’s nothing you can do about it...your body just falls apart.”

Reality: Our bodies _____ to get _____, and it happens through _____.

Myth #2: “Massages and foam rolling work out the kinks and are the way out.”

Reality: _____ in tissues in the body are about as strong as _____. So massaging out a knot with a hand or a foam roller is _____.

MINDSET SHIFT TO REBUILD: You can unlearn pain by

- (1) _____
- (2) _____, and
- (3) _____.

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Challenge #2: “I don’t want to stop doing my thing.”

What is your “thing” that you love doing? _____

What do you love about it? What does it give you?

How you’ve tried to solve this in the past (push/pull): _____

Myth #3: “When something feels ‘tight,’ that means I should stretch it out.”

Reality: Stretching is good because it helps us _____ and build a better
_____. But “stiff/tight” often means there’s a _____ in our body.

Myth #4 “In yoga (and in posture), I need to have perfect alignment so I do things correctly because this is safe and protects me from injury.”

Reality: Striving for perfect alignment only trains _____ and shuts down
_____. A better approach is to move in _____ so we
have _____.

MINDSET SHIFT TO REBUILD: The body likes to be _____. Getting
_____ weirdly increases our _____.

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Challenge #3: “Simple everyday stuff is painful - I used to be able to DO LIFE.”

What simple but important things do you have to do in life where you're restricted?

How is this affecting your sleep, relationships, pocketbook, business, etc.?

How you've tried to solve this in the past (push/pull): _____

Myth #5: “My core is weak, so my back hurts. So I'd better do core work.”

Reality: This is an example of a _____. It's more complex than just “core.” We have to work on the _____.

MINDSET SHIFT TO REBUILD: To get stronger and move better, _____ one part, practice moving with more _____ and _____, then _____ it back into the whole.

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PRACTICE #1: Pain-Free Movement + Relaxing Breathing + Graded Exposure

1. Stand in as much of a pain-free state as you can. Then start to sway, rotate, reach.
2. Then sit, pain-free. Trust your body to figure out a position in which to find this.
3. Practice 4:8 Breathing (4-count inhale, 8-count exhale) for 1-2 minutes.
4. How do you feel? Reflect and see what the effect of this practice was on you.
5. Stand again. Put weight on one foot and move the other leg around in space for 1-2 minutes. Feel the effort of this part of the rebuilding process!
6. How is this movement different from what you've done in yoga classes (think: Tree Pose) or other fitness modalities you've tried?

PRACTICE #2: Strength Work vs. Stretching to Release Feeling of Tension

1. Rotate your head in circles in a pain-free range of motion for your neck. Do this as a little assessment to see how you feel.
2. Using about 80% of your muscular effort, move your shoulders through protraction, elevation, retraction, and depression ("shoulder flossing") 3x in each direction.
3. Reassess your neck range of motion.
4. How do you feel? Reflect and see what the effect of this practice was on you.
5. How is this movement different from what you've done to "stretch things out" to feel better?

PRACTICE #3: Whole System, Task-Based, Playful Movement

1. Stand up.
2. Find a way to lay down on the floor using your hands as little as possible (or not at all!)
3. Stand up without using your hands (or as little as possible).
4. Lie down again in a different way, with no/minimal hands.
5. Stand up again in a different way, with no/minimal hands.
6. How do you feel? Reflect and see what the effect of this practice was on you.
5. How is this movement different from what you've done before to develop "core strength"? Did you discover ways you needed to use your hands, and can you imagine how you could do LESS of this over time?

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A 3-STEP ACTION PLAN TO GET YOU GOING IN THE RIGHT DIRECTION:

STEP 1: _____

STEP 2: _____

STEP 3: _____

Benefits of Rebuilding approach versus Push/Pull:

1. Works with nervous system (breathing, safety, reduced stress response)
2. Prepares body to get LIFE done
3. Shifts habits
4. Strengthens ALL the parts of the body
5. Keeps your range of motion and joints humming

This approach is:

- Proactive
- Gentle
- Challenging at just the right level for you
- Supported by routines to make it simple and doable
- Long-term

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So, you can keep doing what you're doing, collecting information, and trying what everyone else trying, OR get going on finally solving this issue and getting your number 1 asset...your BODY....working optimally for you so you can keep earning, stay active, and have fun for the long term!

**If you'd like help with this, click the link below to book a session with Robin to talk about your specific issues (FREE if you book within 24 hours of the mini-retreat).**

**Wanna Move Forward? [Book a Movement Breakthrough Session](#)**