



### Malory Graham: Yoga Dojo



Malory Graham is an Aikido instructor, film maker, and media instructor. Open yourself to integrating the art and practice of Aikido with that of Yoga.

**TOP EMBODIMENT TIP:** Close your mouth.

#### Blend: Aikido and Yoga

- Aikido is a moving meditation while someone is trying to attack you; yoga is more still, yet draws on warrior skills.
- Inverse relationship of who needs each practice; one balances the other.
- Understanding common roadblocks to accessibility and participation.
- Perhaps Yoga and Aikido hold a piece that the other may be missing.
- What is good in each practice overall vs your own internal practice.

#### Yoga: Japan

- The history of yoga and aikido: Nakamura Tempu Sensei, Shinshin-toitsu do, Ki Society.
- Overlaps: Breathing, unbendable arm, tapping.
- Importance of breath cueing.

#### Yoga: Practices for Martial Artists

- Child's/prayer/rock pose: awareness of flexibility of hips and lower leg muscles to help with sitting in student poses; mindful bowing, folding with spine in unbreaking line, pushing hips down towards heels, maintaining flexibility of quads and tibialis.
- Half-moon pose: on the knee or standing, to develop core stabilization, open/close hip, attuned, slow and controlled, against a wall to give opening feedback to shoulder or hip.
- Warrior 1: start with feet and move up, edges, arches etc., knees stacked over ankle, back leg grounded and long; back and front body awareness; pull the mat underneath you apart with each foot, raise arms with breath; “pelvic bucket” dump or keep; Offering arm or hand, remembering that the shoulder starts/connects in the back, keeping yourself connected and engaged.
- Warrior 2: archery/intention and engagement.
- Passive/restorative backbend: with yoga block, just below scapular points.
- Quality of breath over quantity; long deep, full breaths; rowing/deep draw vitality breath.

#### Resources

- ❖ **Courses:** [Essential Yoga for Aikido](#)
- ❖ **Website:** <http://www.seattleaikiak.org/>, <https://aikidolearning.com/>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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