



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.

<u>Resources</u>

- Courses: Essential Yoga for Aikido
- Website: <u>http://www.seattleaikiak.org/</u>, <u>https://aikidolearning.com/</u>





All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, EvolveMovePlay.com





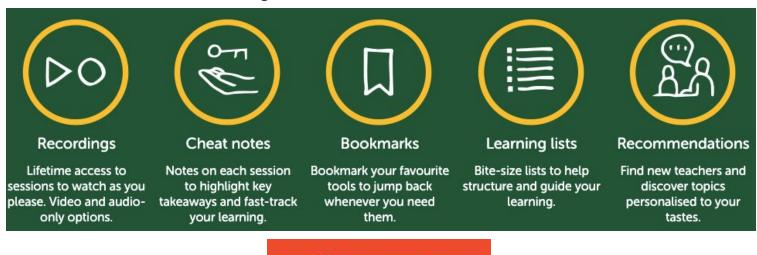
Rafe Kelley and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.

Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

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.

Accept Rafe's Free Gift → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the Evolve Move Play Method.

Interested in securing LIFETIME ACCESS to the Embodiment Conference?



Get lifetime access now