

THE RECOVERY ROOM

WITH ANGELIKA GROHMANN



MENU

[Before Work](#)

[During Work](#)

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Any room can be a recovery room.

Here, Angelika Grohmann leads you through a series of movements that you can do before, during and after work to help you to prepare, energise, refresh, recover and wind down.

Moving your body is a way to find out how you are, and helps you to be readier to respond to challenging situations. No need to be wearing sportswear, these moves can be adapted for any clothing.

The movements can be done individually or as a series. All you need is a chair.

BEFORE WORK

Energise, motivate, and start afresh each morning before you go to work, at home or in a private space before you start a shift.

Hold or repeat each of these movements for around 20 seconds.



1

Stand in front of your chair so that you can hinge from your hips, to place palms on back of chair with your back extended and long. Lengthen through arms and fingers. Bend each knee a little in turn, to accentuate the feeling of lengthening your back.



2

Stand in front of your chair to place palms on back of chair with a long back. Lengthen through arms and fingers. Bring one leg forward, with pelvis still facing forward.

Repeat on the other side.



3

Stand with your feet in parallel, facing forwards. Extend both arms out to the side and draw small circles backwards with the arms.



4

Sit on your chair. Extend your right arm up to the ceiling and hold your right wrist with your left hand. Pull gently to the left side.

Repeat on the other side.

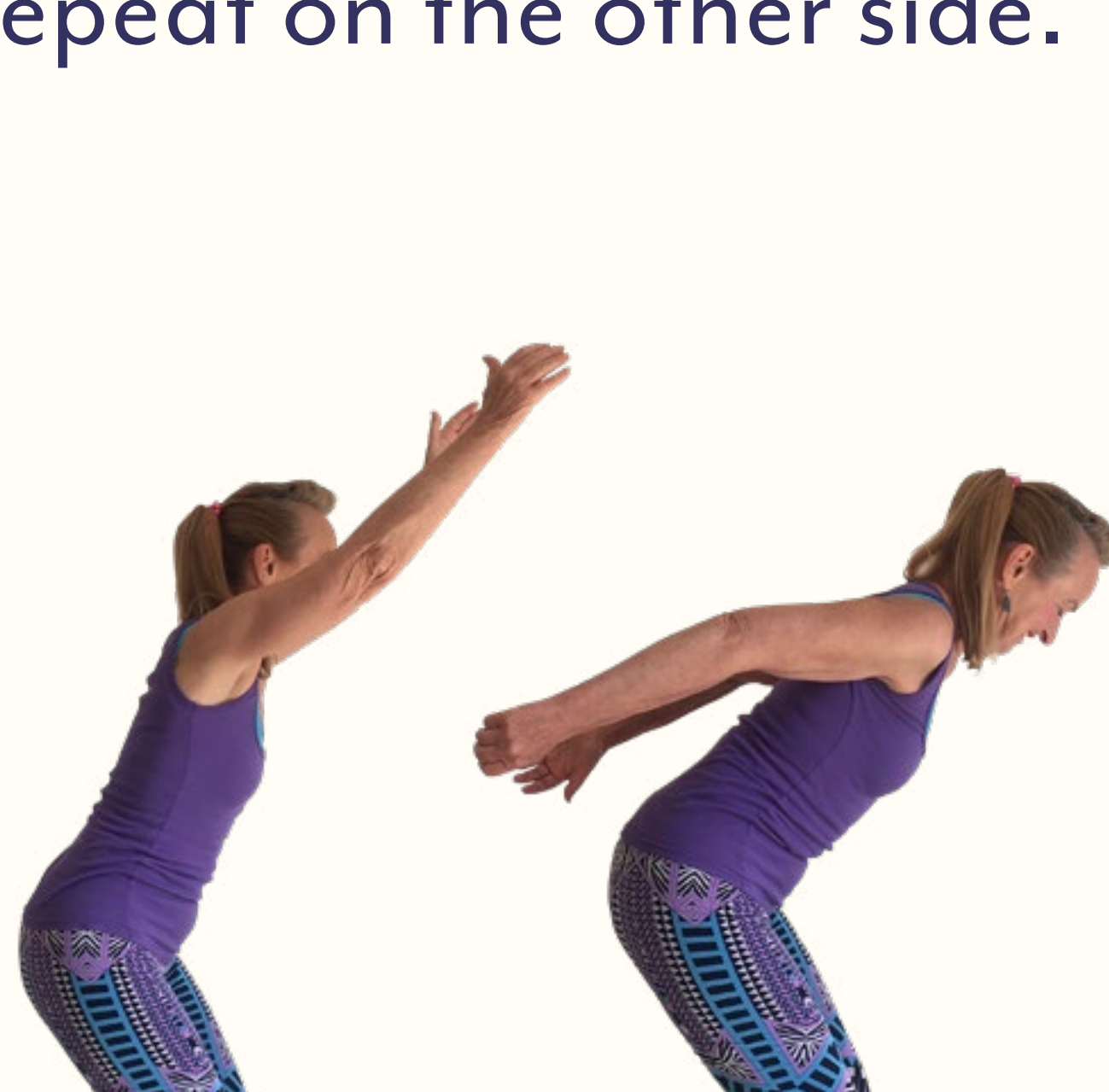


5

Sit on your chair. Bend both arms and cross your right elbow over your left elbow in front of you.

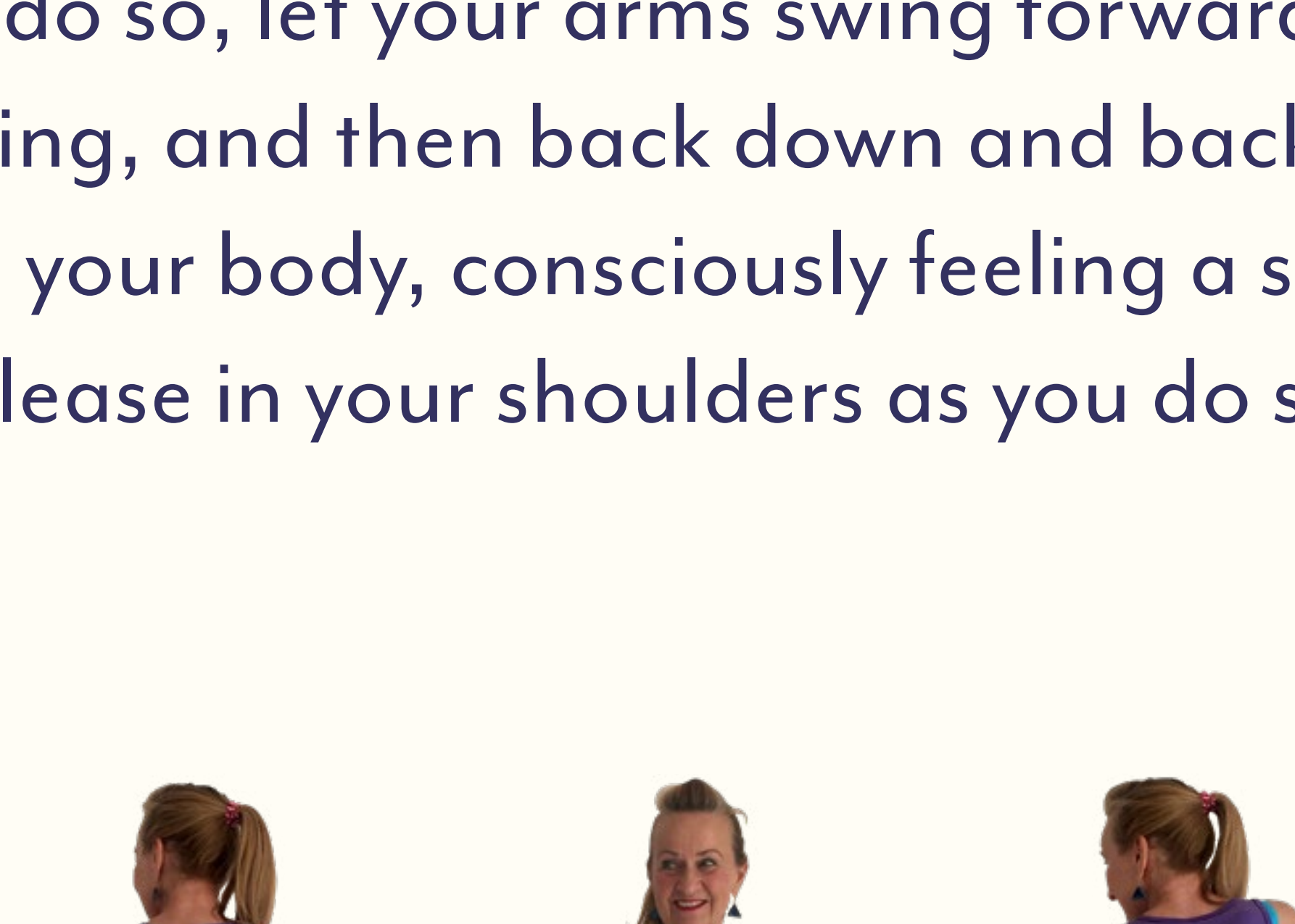
Wrap your forearms around each other, try to make your palms touch, so that you feel a broadening sensation across your shoulders and back.

Repeat on the other side.



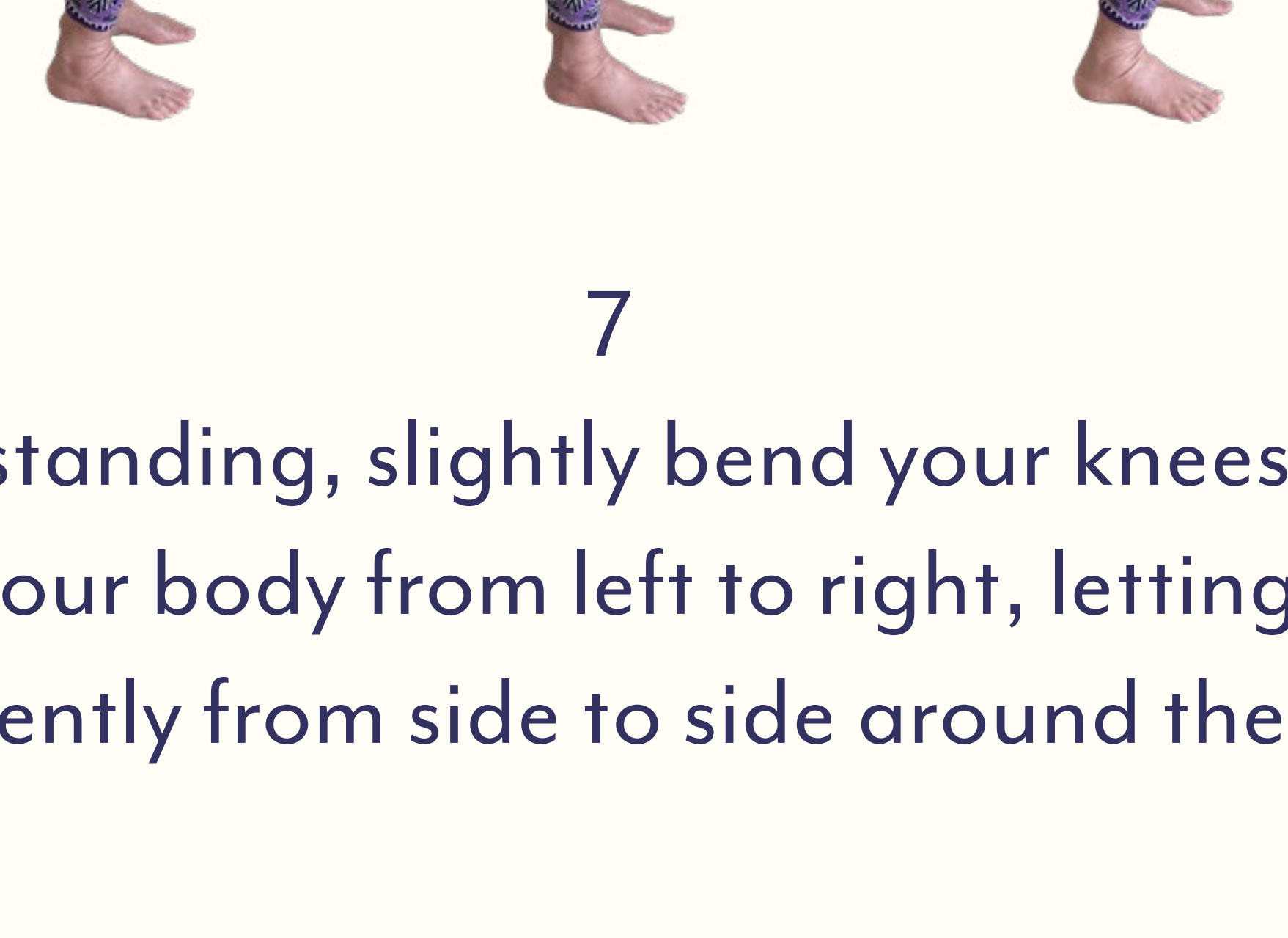
6

From standing, bend and straighten knees. As you do so, let your arms swing forwards up to the ceiling, and then back down and backwards, behind your body, consciously feeling a sense of release in your shoulders as you do so.



7

From standing, slightly bend your knees and swivel your body from left to right, letting arms swing gently from side to side around the body.



8

Sit near the front of your chair. Tilt your pelvis, first by tucking it under and then tilting it backwards, to create rounding and arching of your spine.

9

Sit still, with your eyes open, and pay attention to your breath.

Take three long, deep breaths.

DURING WORK

Reset after moments of high stress and adrenaline, or reenergise when you are fatigued.

The movements can be performed individually or as a flow (which takes 8 minutes in total), so if you can find an office, bathroom, or private space at work you can do this on a break.

Hold or repeat each of these movements for around 20 seconds.



1

Sit on a chair. Interlace your fingers, relax your shoulders and slowly extend your arms up to the ceiling. Hold for a few breaths. Bend your elbows, turn the palms and extend the arms so your palms face up. Bring your arms down.

Change interlace and repeat.



2

Stand in front of your chair. Hinge from your hips, keeping your back extended and long, to place palms on back of chair, lengthening through arms and fingers.

Bend each knee a little in turn, to gently lengthen your back.



3

Sit on your chair. Lightly place your left hand on to the right side of your head and gently tilt the head to the left – to gently lengthen the right side of the neck.

Repeat on the other side.



4

Sit on your chair. Place both hands gently on the back of your head, and let the elbows fold forward as your head tilts forward.

Let the weight of your hands allow the back of your neck to lengthen.



5

Sit on your chair. Place both hands gently around the back of your neck and gently tilt your chin and elbows up, looking to the ceiling and lifting your chest.



6

Sit on your chair. Bring your right arm across your body, without bending in the elbow. Wrap the left arm underneath the right, bending at the elbow. Turn the head to the right.

Repeat on the other side.



7

Sit on your chair. Place your right arm on the back of the chair, and your left arm on your right outer knee, twisting the spine gently to the right.

Repeat on the other side.



8

Sit on your chair. Place your hands on your shoulders, and rotate your elbows in outwards circles, keeping your shoulders relaxed. As you circle, try to open your elbows wide out to the side, and then bring them to touch in front of your chest.

Repeat circles in other direction.



9.

Sit on your chair, with your feet firmly on the ground. Bend forwards, relaxing in your back, shoulders and neck and letting the weight of your head release down to the floor.

AFTER WORK

Recover, restore, recuperate.

Slow down your nervous system, calm your mind and let go of your working day.

Hold these positions for at least 1-2 minutes each.

Use a timer so that you don't have to check the time.



1

Lie on your back and rest your lower legs on your chair. Rest your arms on your belly and focus on your breath.



2

Lie on your back and rest your lower legs on your chair. Inhale, and extend your arms to rest up behind your head. Exhale, and bring your arms back down beside your body, keeping your shoulder blades on the floor.



3

Lie on your back and rest your lower legs on your chair. Hug your right knee into your chest and circle your right ankle 5 times in both directions, then repeat on the other side.



4

Lie on your back. Hug both knees into the chest and gently press your back into the floor.



5

Lie on your back with your arms out to the side. Bend your knees over your chest and bring them slowly to the right, let your upper body and head rotate to the left, so you have a gentle twist in your spine. Stay there for a few breaths.

Repeat on the other side.



6

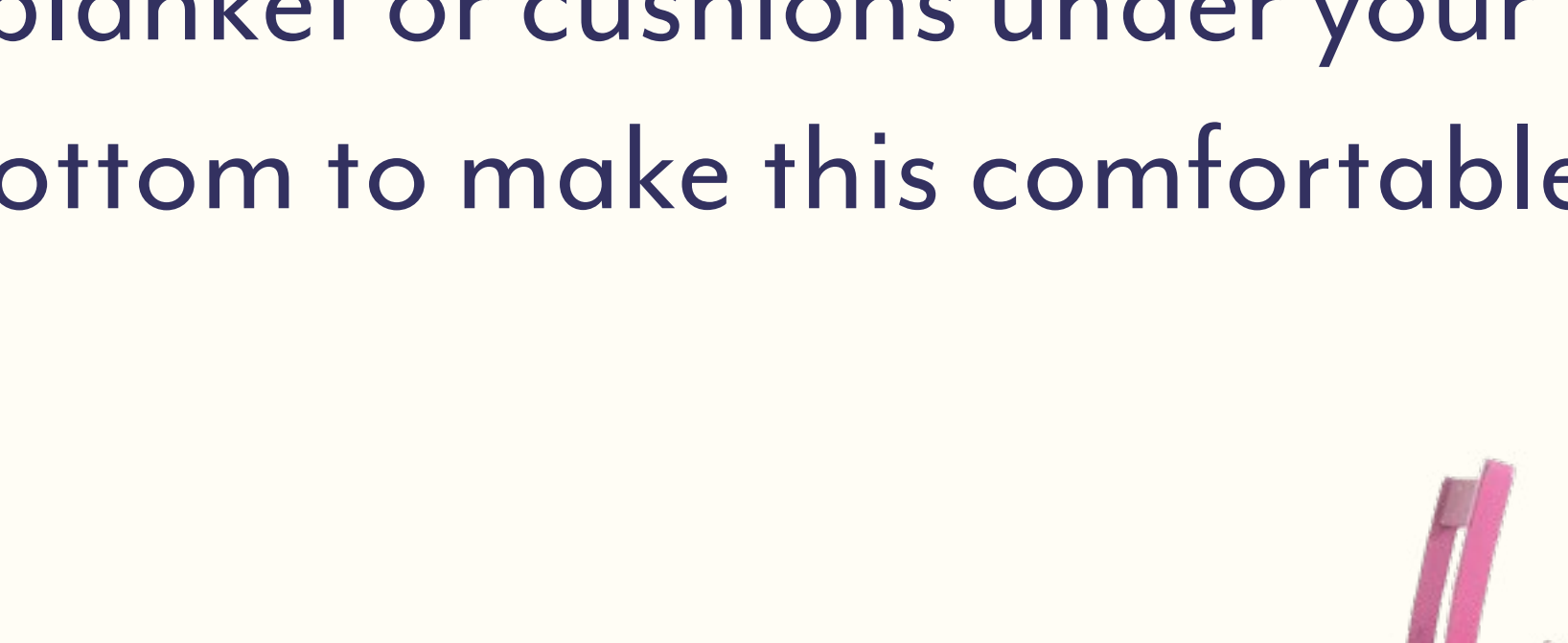
Lie on your back.

Your knees can be bent if necessary.



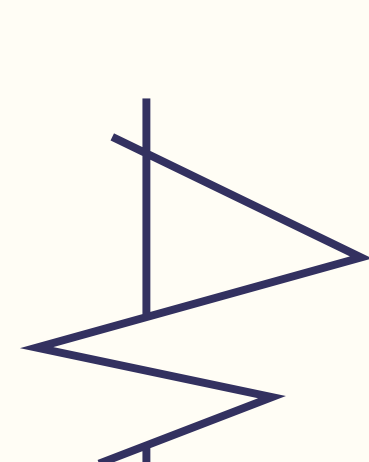
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Kneeling, rest your bum on your feet and then let your head rest on the floor in front of you. Use a blanket or cushions under your feet or bottom to make this comfortable.



8

Lie on your back and rest your lower legs on your chair. Relax your back, neck and shoulders completely, and rest here for 5-10 minutes.



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