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Subject: Re: Cold Front

Posted by [artisticrainey](#) on Wed, 25 Jul 2012 21:38:58 GMT

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Dominic was limbering up in the gym when the first of his students arrived. He had his leg stretched up vertically and was holding it to the side of his head, one arm outstretched for balance. As Alan and Gordon entered, they winced simultaneously.

"A man should not be able to do that," Alan said.

"I've never been more thankful for baggy shorts," Gordon added.

Dominic laughed as he gracefully returned his leg to the floor.

"I'm not one for leotards," he said, before walking the short distance to his yoga mat. "Okay, guys, if you want to grab a mat from this pile and find a space facing me and get ready while we wait for the others, that'd be great."

It wasn't long before Tin-Tin, Cassie and Will had all arrived, and had also taken their places facing their yoga trainer.

"Okay everyone, thanks very much for coming," Dominic said. "We're just going to take it easy for our first class and learn a little about breathing."

"Breathing? I'm pretty sure I know how to do that already," Gordon said with a wink.

"If you didn't by this stage I'd be worried," Will retorted.

The small group chuckled, and Dominic shook his head.

"We're going to learn about deep breathing," he said. "It's something that you need to do during every yoga pose to help you concentrate, and to help centre your balance. Yoga doesn't necessarily require strength, but knowledge of your centre of balance. First off though, we'll warm up a little. As with any exercise it's important to warm up before doing anything strenuous."

They went through a variety of stretches and twists to limber themselves up, before they got down to the business of yoga.

"Now," Dom said. "I'll be performing the poses first so you know what to do, but you'll have to think of me as your mirror image. Deep breathing is easy, so feel free to do it along with me first time around. What I want you to do is to stand with your legs spread a little and your arms loose and relaxed by your sides. Then, bring your hands up to rest on your stomach, forming a triangle around your belly button with your thumbs and forefingers, like this."

He showed them the position, and everyone did it themselves.

"Now, breathe in deeply, trying to relax your diaphragm and relaxing your stomach muscles. Hold the breath until I tell you to breathe out. Then repeat again."

Dominic showed them how, and they all repeated it several times together.

"That's very relaxing," Cassie said. "I feel my muscles all loosening up."

"It is useful," Dom said. "If you do some deep breathing before you go to bed it can help you sleep."

"Excellent," Tin-Tin said. "It'll be especially useful if we've been on a stressful rescue."

"I do it every night," Dom said.

The small group practised a little more, laughing and joking as they did.

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