



THE POWER OF PAUSE

Recovery, Breath & Reset | Island Fitness Conference

MOVE • BREATHE • RESET • RELEASE

Recovery isn't optional. It's part of the training.

MOVE | Recovery through movement

Recovery doesn't always mean stopping. Slower, intentional movement can create a transition from effort toward recovery.

3-minute movement flow

Shoulder rolls → reach and side bend → gentle rotation → hip and hamstring mobility → cat/cow → child's pose.

Coaching cue: Slow the tempo, avoid chasing range, and let the breath influence the movement.

BREATHE | Breath as a coaching tool

NOTICE your natural breathing. **EXPAND** gently through the lower rib cage. **LENGTHEN** the exhale if comfortable. **RELEASE** the need to get it perfect.

360° breathing

Imagine your lower rib cage opening gently in several directions, like an umbrella.

Longer-exhale option

Inhale 4 → Exhale 6

Adjust the count to comfort; never force or hold your breath.

Remember: Recovery shouldn't become another performance.

RESET | Five micro-recovery tools

ORIENT	Look around and notice something close, something far away, light or colour.
GROUND	Notice your feet, hands or body contacting the floor, mat or chair.
CONTRAST	Gently create tension in your shoulders or hands, then release.
SOUND	Try an easy inhale followed by a comfortable humming exhale.
STILLNESS	Allow 30 seconds without needing to do, fix or achieve anything.

Ask: What did I notice? **Not:** Did I do it correctly.

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Your practical recovery toolkit | Page 2

RELEASE | Foot awareness & reflexology

Reflexology uses specific pressure techniques on reflex areas, commonly on the feet, hands and ears. **Rolling a golf ball under the foot is not reflexology**; today's ball exercise is self-massage and sensory awareness. This brief introduction is not professional reflexology training.

Golf-ball foot reset

1. Stand and notice how both feet feel.
2. Slowly explore **one foot only**: heel → arch → edges → ball of foot → beneath toes.
3. Remove the ball and compare sides.
4. Repeat with the second foot.

Use light, comfortable pressure. Stop if it hurts. Keep most of your weight off the ball.

Self-reflexology introduction: Use gentle thumb and finger pressure on your own hands or an accessible part of the foot. Slow down and notice the sensation.

APPLY | Bring the pause into your coaching

BEFORE	Help a rushed client transition into the session.
BETWEEN	Allow intentional recovery rather than filling every second.
AFTER INTENSITY	Shift gradually from hard work toward recovery.
AT THE END	Give your client or class a moment to transition back into the day.

Ask yourself: Could movement help? Could breathing change the pace? Could grounding, gentle touch or stillness help?

MY PAUSE PLAN

One thing I'm going to try: _____

Where I'll use it: _____

This week's challenge: Deliberately insert one pause into a class or training session. It might be 30 seconds, one breath or one movement. Notice what happens.

Great coaching means knowing when to push—and when to pause.

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