



yoga poses for a healthy body, healthy mind, healthy you!

Morning Wake Up

HAPPY BABY: Releases the low back and calms the mind

- Lie on your back and bring your knees in towards your belly.
- Grab the outside of both of your feet with each hand. You can also grab a hold of your big toes or behind your knees.
- Allow your knees to open wider than your body and gently bring them in towards your armpits.
- Press your hips towards the floor, so your seat doesn't lift up.
- Breathe deeply and then release your legs back towards the floor.

CAT/COW: Warms up the spine, stretches and stimulates the spine and shoulders

- Come onto all fours, with your wrists under your shoulders and your knees under your hips.
- Lengthen your spine, reaching the crown of your head toward the wall in front of you and your tailbone toward the wall behind you.
- Inhale deeply, then exhale and round your back up toward the ceiling like a cat, drawing your chin toward your navel.
- On the next inhale, arch your back, dropping your belly toward the floor, lifting your sit bones and collarbones, and lift your chin gazing up toward the ceiling. Repeat this sequence with 5 breaths.

COBRA: Opens the chest and strengthens the back

- Lying on your stomach on the floor, stretch your legs back behind you keeping the tops of your feet and your thighs pressed into floor.
- With your elbows bent, place the palms of your hands by the side of your ribcage right under your elbows.
- Pressing away from the floor with your hands, slowly lift your chest off the floor.
- Keeping your neck long, look straight in front of you.
- Release and lower back to the floor. Repeat 2 times.

Mid-day Stress Release

FORWARD BEND: Releases hamstrings, reduces fatigue and anxiety, lowers blood pressure

- Standing up straight, feet slightly apart and parallel to each other, bend forward from your hips.
- Fold over your bent legs, and relax your back, shoulders and allow your head to hang freely.
- Breathe here, feeling any unwanted tension draining into the floor.

PUPPY DOG: Loosens the shoulder muscles, lengthens the back and spine

- Stand up straight facing a wall, your feet hip width apart and parallel to each other.
- Hinging at your hips, place your hands at hip height on the wall, shoulder width apart.
- Take a few deep breathes here, then release.

STANDING SIDE BEND: Increases balance and stretches the torso

- Stand up straight with your feet together and parallel.
- Bring your arms up over your head, placing your palms together, with your upper arms near your ears.
- Relax your shoulders down and take a deep breath.
- On the exhale, gently bend to the right side. Keeping your gaze right in front of you, continue to breath.
- Come back to center, then repeat on the left side.



Bedtime Relaxation

THREAD THE NEEDLE: Releases the hip and gluteus muscles

- Lie on the floor with the back of your body, hips, shoulders, and head evenly on the floor.
- Bring your left knee in towards your chest and place your right foot on top of your left knee.
- Thread your right arm through the hole made between your legs and hold onto your left leg with both hands, slowly drawing left knee into chest.
- Drop both shoulders towards the floor so you are not hunched or rounding the upper back.
- Release and switch legs.

OPEN KNEE STRETCH: Encourages the relaxation response, relieves indigestion and opens the hips

- Lie on your back with knees bent, place a pillow or blanket under your head and back.
- Place the soles of your feet together, then let your knees fall open, forming a diamond shape with your legs.
- Rest your arms out to the side, and relax your hands.
- If you feel any strain, elevate your legs by placing a pillow underneath each knee.

KNEES TO CHEST: Relieves lower back pain and gastro-intestinal discomfort

- Lie on your back, using your hands to hug knees close to your chest.
- Keep the knees together; if you have stiff hips, allow your knees to be slightly apart.
- Release your shoulders towards the floor and keep your head on the floor. If you experience any discomfort or tightness, you can place your head on a blanket.
- Gently rock your body side to side a few times releasing any tension.
- Extend your arms and legs, and drift off to sleep.

