



## Yoga

- > It is customary to start with your **right leg**
- > **Hold your device** in your hand or on floor, depending on the posture
- > **Gently** ease yourself into position
- > **Do not force** your body into a posture or go beyond your limit

*Breaths are recommended for each posture. It is customary to perform movement on the right side first, then switch to the left.*

*Gently ease yourself into position and do not force your body into a posture or go beyond your limit.*

*This yoga flow is designed to help you relax, calm down and become centered while also increasing your muscular strength and tone.*

*Equipment: Bodyweight*

Yoga is a powerful mind & body strengthening tool. The postures (asanas) help to align the body, promoting a sense of unity and balance.

Through practice, a strong and agile body, reduced stress levels and stillness of the mind can be obtained.

## Mountain Pose

Yoga



- Stand upright looking straight forward with your hands by your sides and your feet firmly planted.
- Lift your abdomen in and upwards, keeping your weight evenly balanced on your feet.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath

## Reach Up

Yoga



- Raise your hands together above your head and look straight up.
- Keep your shoulders from lifting and your ribs from jutting out.
- Hug your elbows towards the midline.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath

## Forward Bend

Yoga



- From an upright position bend forward at the hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine.
- Place your hands flat on the floor beside your feet.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths

## Downward Dog

Yoga



- Push back with your hands and raise your hips high into the air.
- Straighten your legs and lengthen your heels towards the floor.
- Lengthen your spine and look towards your navel.
- Your hands should be in front of your shoulders with your fingers spread.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



# Yoga: De-Stress: Workout 1

Anytime Workouts

10min

44cal



Rachel Praine

## Upward Dog

Yoga



- From Chaturanga, press up through your hands and slide slightly forward keeping your torso and thighs off the floor.
- Press the top of your feet into the floor.
- Look down along your nose not up.

#	REPS	WEIGHT	TIME	NOTES
1				<i>inhale 1 breath</i>

## Fierce

Yoga



- Stand upright and raise your arms straight up overhead bringing your palms together.
- Bend your hips and knees as if sitting into a chair and keep your torso upright.
- Look up at your hands and lengthen your spine, opening your shoulders.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				<i>3 breaths</i>

## Tree

Yoga



- Stand upright and raise one leg bending at the knee and placing the sole your foot on the inside of your other thigh.
- Bring your palms together in front of your chest.
- Stay grounded through the entire foot of the standing leg looking straight forward.
- Perform on one side, holding for 3 breaths, then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				<i>3 breaths</i>

## Twisting Chair

Yoga



- From Fierce pose lower your hands down in front of your chest bending at the elbows.
- Squat slightly deeper and twist your torso to one side, bringing your elbow to the outside of your opposite knee.
- Look up toward the ceiling.
- Perform on one side, holding for 3 breaths, then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				<i>3 breaths</i>

## Hero

Yoga



- Kneel on the floor with your feet to the sides of your hips and the tops of your feet flat on the floor.
- Place your hands on your thighs palm up and sit completely upright looking forward.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				<i>5 breaths</i>

## Reclined Twist

Yoga



- Return to lie on your back with your knees bent, feet flat and arms stretched out to the sides.
- 1 - Bring your knees into your chest then slowly lower them down to one side, placing your hand on your top knee to help ease the legs to the floor.
- Turn your head to the opposite side and look towards the fingers of your outstretched arm.
- 2 - Repeat to the other side.
- Perform on one side, holding for 3 breaths, then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				<i>3 reps per side</i>



## Child Yoga



- Start on all fours and sit your hips down onto the backs of your legs.
- Lower your torso onto your upper thighs and your head to the floor.
- Bring your arms straight overhead with palms down.

#	REPS	WEIGHT	TIME	NOTES
1				5 breaths

## Corpse Yoga



- Lay flat on your back on the floor with your legs slightly apart and your arms outstretched by your sides with palms up.
- Close your eyes and relax your breathing.
- Lay in this position for as long as you like.

#	REPS	WEIGHT	TIME	NOTES
1				As long as desired