

Yoga at Home

This yoga routine is designed to be done in about 30 minutes twice a week. If you are not already warm, move about to some music to warm your body up. Stretch all the major muscle groups as we do in class.

Cross Arms Breath: Cross your arms in front of your body and circle arms overhead as if taking off a jumper, breathe in as arms lift, breathe out as arms return down. Each time cross a different hand in front. Feet apart bend your knees each time you circle your arms. Repeat 5 times.

Anahata Breath: In same position push both hands away from the chest as you breathe out what you don't need and draw both hands into chest as you breathe in what you do need. (breathe out anxiety, doubt, worry, breathe in confidence, love, trust)



Chair of the Heart:

Stand with hands in praying hands position on top of your head, as you bend your knees your arms extend upward, breathe in, return arms straighten legs and breathe out. Repeat 3 times.

Cat:

On all fours, hands directly under the shoulders, knees slightly apart. Tuck the pelvis under as you arch your back, drop your head and breathe out.

Let the pelvis move back as the lower back hollows and the head comes up, breathe in.

Repeat 5 times ensuring the movement is smooth



Downward into Upward Dog:

Start on all fours, hands directly under shoulders, tuck toes under and lift hips into the air. Take your feet the width of your mat apart and lift up onto your toes pushing your hips high into the air. Then rock your weight back onto your heels your head comes gently between your arms. Hold for 4-6 breath cycles.

Lift your head take your hands further forward and lower your hips so you are resting on the top of your feet. Hold for 3 breaths. Take care not to sink in your lower back.





Warrior 1 into Warrior 2:

Alignment is important. Turn left foot to 90degrees and Swivel right foot inward to 45degrees, hips still face forward, bend your left knee. If you can't see your toes move your foot forward slightly. Arms to horizontal, shoulders relaxed. Look along left hand and hold for 4-6 breaths.



Lower your arms and swivel your hips round so they are directly over the left foot. Raise your arms over your head and look forward or upward between your arms and hold for 4-6 breaths. Repeat on the right.



Bhima:

Same position as for warrior 1 but lower your left arm onto your left knee and take the right arm overhead taking care not to lean forward. Hold for 4-6 breaths and repeat to the right.



Tree:

Lift your left leg to rest gently on the right knee hip turned outward. As you breathe in raise your arms in a circle over head to praying hands position. As you breathe out lower your hands to chest level. As you breathe in turn your hands to face the front, as you breathe out push your hands forward straightening your arms. As you breathe in separate your hands and take them out to the sides horizontally, as you breathe out lower your arms and lower your leg. Step across to the right and repeat on the right side.

Suggested affirmations to use as you do the Tree;

I am wonderful just as I am

I love and approve of myself

I am safe, I trust the process of life

I am grateful that my life is full of joy



Seated Butterfly:

Sit with soles of your feet together and push your knees down to the floor stretching the inner legs. You can use your elbows to help. Hold for 20-30 seconds and repeat.



Meditative Breathing:

Do this one everyday

Sit comfortably with legs crossed, back straight but not rigid or lie down in the position shown. Close your eyes and focus on watching your body breathe. Breathe into your shoulders and as you breathe out feel your shoulders relax down away from your ears. Breathe into your shoulder blades and as you breathe out feel your upper back open. Breathe under your arms and as you breathe out feel your ribs relax. Breathe into your breastbone and create a space between this bone and your spine. Breathe into your diaphragm and extend this space inside you, this channel for the breath all the way down to your tummy. When it feels comfortable breathe into your tummy and gently bring your tummy back toward your spine as you breathe out. Repeat this deep breathing several times until you feel calm and strong and your mind clears of any worrying or negative thoughts. If these thoughts come in simply come back to focusing on your breath. Ideally spend ten minutes in this position resting in the stillness.



Crocodile:

Do this one every day, it can help you get to sleep or is excellent if you are upset



Lie on your front with your hands on top on each other and forehead on your hands, shoulders relaxed. Have your legs apart and your heels turned in and your toes turned out. Breathe into the floor feeling your body relax a little deeper with each breath. Spend a few minutes.

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