

## Yoga at Home Two

This yoga routine is designed to be done in about 30 minutes and can be alternated with the first routine or you could do a combination of the two. 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)



### Forward Bend:

Bend forward gently with knees bent if need be. Relax your upper body and let your head, and arms hang down to the floor. Breathe into the back of your ribs.



### Side Lunge Stretch:

Move gently from side to side lifting hips up and over to stretch the inner leg. Repeat several times on each leg.

If this position is difficult for your knees or hips, adopt a side lunge position instead, standing upright and moving from one side to the other ensuring your knee follows the line of your foot and you can see your toes at all times.



### Flowing Forward Bend:

Sitting upright legs stretched out in front, bring the hands together palms upright in front of your tummy and lift the hands up to the throat as you breathe in and stretch the spine. Turn palms outward and push the hands forward with outstretched arms as you bend forward from the hips breathing out. Separate hands and draw them back up the sides of the body. Repeat 4-5 times slowly.

### Seated Half Twist:

Sitting upright place with legs stretched out in front place your right foot next to your left knee and bend the left leg under the thigh of the right leg. Ensure this leg is close to your body and your body is upright. Place the right down for support. Breathe in and lift through the spine, breathe out as you turn to the right pulling the knee across the body in a twist. Breathe normally while in the twist and turn back to the front. Repeat on the left side.





### **Bridge:**

Lie on your back with your knees bent, feet apart and as close to your buttocks as is comfortable, arms at your sides.

Stage one, lift your pelvis off the floor and slowly roll it back down the mat releasing the buttock muscles as you contact the floor.

Stage two, lift the pelvis and ribs off the floor leaving the shoulder blades on the floor, there is some contraction of the buttock (if the lower back is pinching you are contracting too much) and lower stomach muscles. Relax the fingers and toes. Lower the spine slowly down the mat vertebrae by vertebrae, relaxing the lower back as it reaches the floor.

Stage three, lift as in stage two but also lift the shoulders and open the chest so you come to rest on the back of the arms. Breathe through the top of the chest for 4-6 breathe cycles. To come down un tuck the arms and shoulders and slowly lower the spine as in stage two using the stomach muscles to control the descent. Relax and imagine the spine lengthening from top to tail and widening and opening across the upper back and back of the hips. Bend the knees and draw them up the the chest to stretch the spine. Lying on your back stretch the arms overhead and the legs out straight pulling the ribs out of the hips. Lower the arms and remain nice and long.



### **Camel:**

You may wish to start by simply lifting your chest to the ceiling and leaning back slightly until your body adapts to the energy changes of the Camel.

Kneel upright with the legs apart, lift the feet up onto the toes and place the hands on the heels. Slowly extend the tummy to form an arch with the spine, head looks at the ceiling, hold and Breathe for 3-4 breaths. Lower the tummy to come out of the posture.

After some time you may be able to do the camel with your feet flat.



### **Eagle:**

Standing upright cross your left leg over your right leg and wrap the foot around the right calf muscle. Hips face forward. If balance is difficult simply cross one leg in front of the other.

Cross the right arm over the left arm, palms facing outward. Circle the palms clockwise to come together to form a beak. Contracting the lower stomach muscles slightly bend forward And hold till you feel a stillness and balance in the body.

Un tuck the left leg and take it out to the side of the body stamping the foot down with purpose. At the same time un tuck your arms and extend them to the sides.

Repeat with the right leg and left arm.



### 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 express myself, my whole self and nothing but my Self every day, I step into my light*

*I love and approve of myself*

*I am safe, I trust the process of life*

*I am grateful for a life of joy*

### 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 five to 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.

