

HOW

TO'S



Pose

Library

Mountain Pose

▶ The benefits of this pose are amazing. It improves posture, groundedness, stability and confidence. It is used as the basis for all the standing poses and if you are tired during your exercise you can come back into Mountain Pose at any time. Enjoy.

▶ **Method**

1. Stand with the bases of your big toes touching, heels slightly apart. Slowly and gently lift and spread your toes and the balls of your feet, then lay them softly down on the floor. Make sure all five toes are on the floor spread out evenly.

2. Slowly lock your kneecaps into your thighs and then lift the inner ankles to strengthen the inner calf muscles. Turn the upper thighs slightly inward. Lengthen your tailbone toward the floor and lift the pubis toward the navel. You are trying to get your whole body in a straight line all the way from the tips of your toes to the crown of your head.

3. Press your shoulder blades onto your back, then widen them across and release them down your back keeping them away from your ears. Let your arms hang down beside your torso. You can also have them in prayer position just in front of your chest.

4. Make sure that the crown of your head is directly over the centre of your pelvis, with the underside of your chin parallel to the floor.

5. Stand here in Mountain Pose and breathe. Big deep breaths. Eyes open or closed, which ever feels comfortable for you.

If you are feeling stressed then come into Mountain Pose and stand here for 10 minutes or so, just deep in breaths and deep out breaths. At the end of mountain pose, take a inhale and exhale 3 times, with the exhale being a sigh sound. This will release any tension left in your body.

▶ **Tip**

▶ Be careful when doing Mountain pose if you suffer with Headaches and low blood pressure.



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Standing Side Bends and Back Bends

- ▶ Side bends and Back bends increase the flexibility in your spine.
- ▶ Other benefits include releasing tension and stress in your body, especially around the neck and shoulders. It corrects your posture and massages your internal organs. It also stretches your spinal nerves and muscles. It allows the lungs to expand so you have fuller deeper breaths allowing more oxygen to flow around your blood stream. It really energises the body so if you are feeling sluggish due to lack of sleep give this a go.

Back Bend Method

- ▶ 1. Stand in Mountain Pose and bring your hands to wrap around your waist with fingers pointing towards your pelvis. Bend backwards slightly so there is a slight stretch in the base of your spine. Engaging your core muscles as this will protect your spine, pulling your pelvic floor muscles up.
- ▶ 2. Push your pelvis forward and bring your elbows inline with your sides.
- ▶ 3. Stay here for five breaths. With every out breath try deepening the back bend.
- ▶ 4. Inhale and bring your body back up to the centre. Releasing your arms down towards your sides.
- ▶ To advance this backbend raise both arms up together above your head, exhale and look up to your hands. Either having your arms shoulder width apart with palms facing or bring your palms together.



Standing Side Bends

1. Stand in Mountain Pose and raise your arms up towards the sky. Keeping shoulders down away from your ears. Engage core muscles. Pull up your knees activating your quadriceps (quads front thigh muscles).

2. Exhale and fold over to one side keeping your arms raised.



3. Try to get the side of your torso to be parallel with the floor. Keeping your arms up against your ears but keep your shoulders down. Imagine you have got two panes of glass either side of you trying to keep straight. You should feel a stretch all the way down your left side of the body. Have your chest open and breathe deeply. Stay here for five breaths.

4. On your next inhale, come back up to the centre still with your arms up exhale and fold over onto the other side. Stay here for five breaths.

5. On your next inhale come back up to standing and exhale release your arms back down.

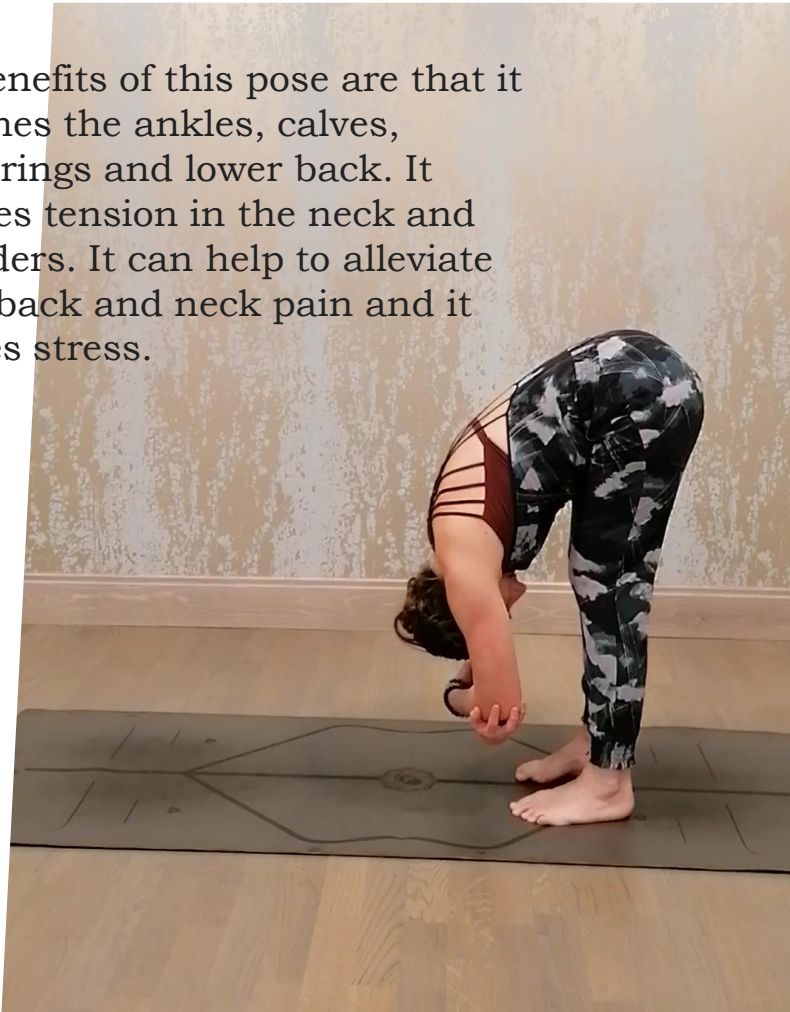
TIP

Be careful in these poses if you have neck injuries.



Ragdoll Pose

The benefits of this pose are that it stretches the ankles, calves, hamstrings and lower back. It releases tension in the neck and shoulders. It can help to alleviate lower back and neck pain and it relieves stress.



Method

1. Come to a standing position having your feet hip distance apart, spreading out your toes and bringing the weight to the heels.
2. Hinge forwards from your hips and either hold on to your hands, wrists, forearms or elbows.
3. Allow everything to hang heavy having a slight micro bend in the knees. Have shoulders draped over and the crown of your head facing down towards the floor, gazing through your knees. Breathing staying here for 5 breaths.
4. Every exhale folds slightly further, keeping your core engaged. Maybe swaying from side to side, just to release your lower back.
5. On your inhale slowly rolling all the way back up, stacking vertebrae on top of each other. Coming back into Mountain Pose.

Head and Neck Stretches

Targets all muscles in your neck and allows a good stretch in your spine.

Method

1. Come into a comfortable seated position. Reach up through the crown of your head.



2. Keeping your back straight slowly inhale and lift your head and neck up, bringing your chin towards the sky. This creates a stretch in the front of your neck.

3. Exhale bringing your chin to chest. Lengthening through the back of the spine. Repeat 5-6 times in-line with your breath. Inhale coming back to centre.

4. Exhale and turn your head over to your right shoulder, looking over your shoulder. Inhale back to centre.

5. Exhale over your left shoulder. Inhale back to centre.
Repeat 5-6 times in line with your breath.

Cat and Cow Pose

These two poses are great for warming up your spine and allowing you to stretch out. They stretch the back, torso and neck and provide a gentle massage to the spine and internal organs.

These poses are amazing to calm your mind and to relieve stress as you are breathing with coordinating your movements. These poses are really good at de stressing yourself.

Method

1. Come into tabletop position where your knees are stacked under your hips and your hands are stacked under your shoulders.
2. Have your toes pushed away from you so you are on the tops of the feet.
3. For some, it may be more comfortable to come onto toes.
4. Inhale and go into cow pose. This is lifting the chest forward, pushing the tummy down towards the floor, lifting the tail bone up and crown of the head facing up. Relax the core muscles.
5. On an exhale come into Cat pose, tucking your head and pelvis under, rounding through your spine pushing through your hands and shoulders to round your back. Engage your core and gluteal muscles (glutes), bringing your kneecaps up into the thighs engaging the quads.
6. To come out of this pose release on an inhale from cat pose and come back into a neutral tabletop position.

Tip

If you have a neck injury, then keep your head in line with your spine and not put it up in cow pose or down in cat pose. Keep your gaze forward.



Downward Facing Dog



The benefits of this pose are that it calms the brain and helps relieve stress and mild depression. It energizes the body and stretches the shoulders, hamstrings, calves, arches, and hands. It strengthens the arms and legs. and helps to relieve the symptoms of menopause. It also helps to prevent osteoporosis.

Method

Come down to all fours, having hands slightly further away from your shoulders and knees underneath your hips. Turn your toes under, spread out your fingers and try to push through your thumb and your index finger like you're sliding away in sand.

1. Slowly start to lift your hips towards the sky, bringing your chest towards your thighs straightening out your arms, so having your hands, wrists, shoulders and spine all in a straight line. Tailbone lifted towards the ceiling.
2. Straightening out your legs, pushing your heels down towards the floor. Bring your gaze through to your thighs, head hanging heavy, triceps wrapped around the outside, shoulders firm and slid down your back, engaging your core.
3. Every inhale lift up slightly. Every exhale sinking further down through your arms pushing your chest further through. Breathing.
4. Stay here for five breaths. And then, on your exhale, coming back out, stepping back up to mountain pose.

Cow Face Arms



This is great to release tight shoulders, chest and arms.

Method

1. Sit kneeling with feet under your sitting bones.
2. Keeping your back straight lifting through the crown of your head, tail bone facing towards the floor, lift one arm up to the sky and bend it with your palm facing your spine bringing your arm down your back. Keeping shoulders down and away from your ears.
3. Bring your other arm around behind you with your palm facing outwards. Bring your hands together towards each other, clasping them if you can for a very invigorating shoulder stretch.
4. Try to draw the top elbow up behind the head and the bottom elbow down. This will increase the shoulders opening.
5. Release your arms and repeat on the other side.

Tips

Do not do if you have serious neck or shoulder problems.

If you can't reach your hands, then you can use a strap to get the same benefits.

One shoulder will always be tighter than the other so be careful with the tighter one.

If this is tight on your knees, then sit on a cushion with legs out in front or sit on a chair.

Sun Salutation A

This is a good sequence of poses to warm up and improves overall health and wellbeing. Depending on how fast or slow you do them, will depend on how you feel at the end of it. If you do this sequence fast, you will feel energised and if you do this sequence slow you will feel calm and in a meditative state ready to face anything life throws at you.



1. Come to Mountain Pose with hands in prayer position or down by your sides.



2. Engage your gluteal muscles (glutes), pull knees up into thighs engaging your quads. Engage the core and spread out your toes evenly.

3. Inhale, raising your arms overhead, keeping your palms facing towards each other. Either have your hands shoulder width apart or together sliding the shoulders down away from your ears.



4. Exhale diving forward keeping the back flat bringing your fingertips to the floor. If your hands do not touch your feet, then just go as far as is comfortable bringing your hands towards the shins.





5. Inhale look up having a straight back. Sending your hips backwards, keeping the legs engaged.

6. Exhaling, step or jump both legs back so you are in a high plank position. Come down onto your knees first if that feels better. Keep your spine and legs in a straight line and support your weight on hands and feet.

Onto knees or go to plank position



Have your hands stacked under your shoulders fingers spread wide.

7. Lower yourself down into Low plank or chaturanga keeping the elbows in towards the chest. Coming onto your knees first to avoid the strain in your lower back, then lower the chest and chin towards the floor.



8. Inhale and push yourself forwards into Upward facing Dog. Push your pelvis down towards the floor, pushing your chest forwards and gazing forwards. Bring the tops of your feet onto the floor and press through your hands. This will open your chest.



Chest lifted and tops of the feet onto the floor.

9. Exhale, curl your toes back under, press down into your heels, and lift your hips so you are in Downward facing Dog. Stay here for five breaths.





10. Come up onto your toes, lift your hips into the air, bend your knees and gaze through to your hands.



11. On your next exhale step forward to bring your feet to your hands. You will end up in forward fold.



12. Inhale and come into half way lift gazing forward keeping your back flat.



Exhale forward fold again then coming back up arms out to the side's back to mountain pose.

Repeat as many times as you like.



Tip

Be aware of any back, wrist or knee problems here and high blood pressure.

If any wrist issues, then when in Downward facing dog come into your forearms to release the pressure in your wrists.

Sun Salutation B

This is a good sequence of poses to warm you up and improves overall health and wellbeing. Depending on how fast or slow you do them, will depend on how you feel at the end of it. If you do this sequence fast, you will feel energised and if you do this sequence slow you will feel calm and in a meditative state ready to face anything life throws at you.

Method

1. Stand in Chair Pose.



2. As you inhale, raise your arms overhead, keeping your palms facing towards each other. Either have your hands shoulder width apart or together sliding the shoulders down away from your ears. Trying to create a lightning bolt shape.

3. Exhale diving forward keeping the back flat bringing your fingertips to the floor. If your hands do not touch your feet, bring your hands towards the shins. Also straightening out the legs.





4. Inhale look up and lengthen having a straight back. Sending your hips backwards, keeping the muscles in the legs engaged.

5. Exhaling, step or jump both legs back so you are in a high plank position. Come down onto your knees first if that feels better and is safer for diastasis recti. Keep your spine and legs in a straight line and support your weight on hands and feet. Have your hands stacked under your shoulders, fingers spread wide.



6. Lower yourself down into Low plank or chaturanga keeping the elbows in towards the chest. Coming onto your knees first to avoid the strain in your lower back, then lower the chest and chin towards the floor.



7. Inhale and push yourself forwards into Upward facing Dog. Push your pelvis down towards the floor, pushing your chest forwards and gazing forwards. Bring the tops of your feet onto the floor and press through your hands. This will open your chest.



8. Exhale, curl your toes back under, bend through your knees, press down into your heels, and lift your hips so you are in Downward facing Dog





9. On an inhale engage your core and bring the right foot through to your hands, helping it through if you need to. Press into the outside of the back foot and bring your torso and arms up, bending the front knee to come into Warrior One. Check that your knee isn't folding in on itself and have your knee stacked over the ankle. Engage your glutes here, pulling pelvic floor muscles up.

10. On your exhale come back to high plank and repeat stages five to nine again but swapping to the left leg.



11. Repeat stages five to eight once more ending in downward facing dog.

12. Come up onto your toes, lift your hips into the air, bend your knees and gaze through to your hands. On your next exhale step forward to bring your feet through to your hands. Bring feet together, having knees, ankles and thighs touching. You will end up in forward fold.



13. Inhale and come into half way lift gazing forward keeping your back flat.



14. Exhale forward fold again.



15. On an inhale coming back up a with bent knees to Chair pose, bringing the arms up over your head to create a lightning bolt pose. Exhale and release back to standing.

16. Repeat as many times as you like.

Tip

Be aware of any back, wrist or knee problems here and high blood pressure.

If you have any wrist issues, then when in Downward facing dog come onto your forearms to release the pressure in your wrists.

Tree pose

Tree pose is an all-round fantastic posture. It stretches out your entire body. It strengthens thighs, calves, ankles, and spine. It stretches the groin, inner thighs and pelvis, chest and shoulders.

It improves sense of balance, relieves sciatica and reduces flat feet. It also builds concentration and balance.

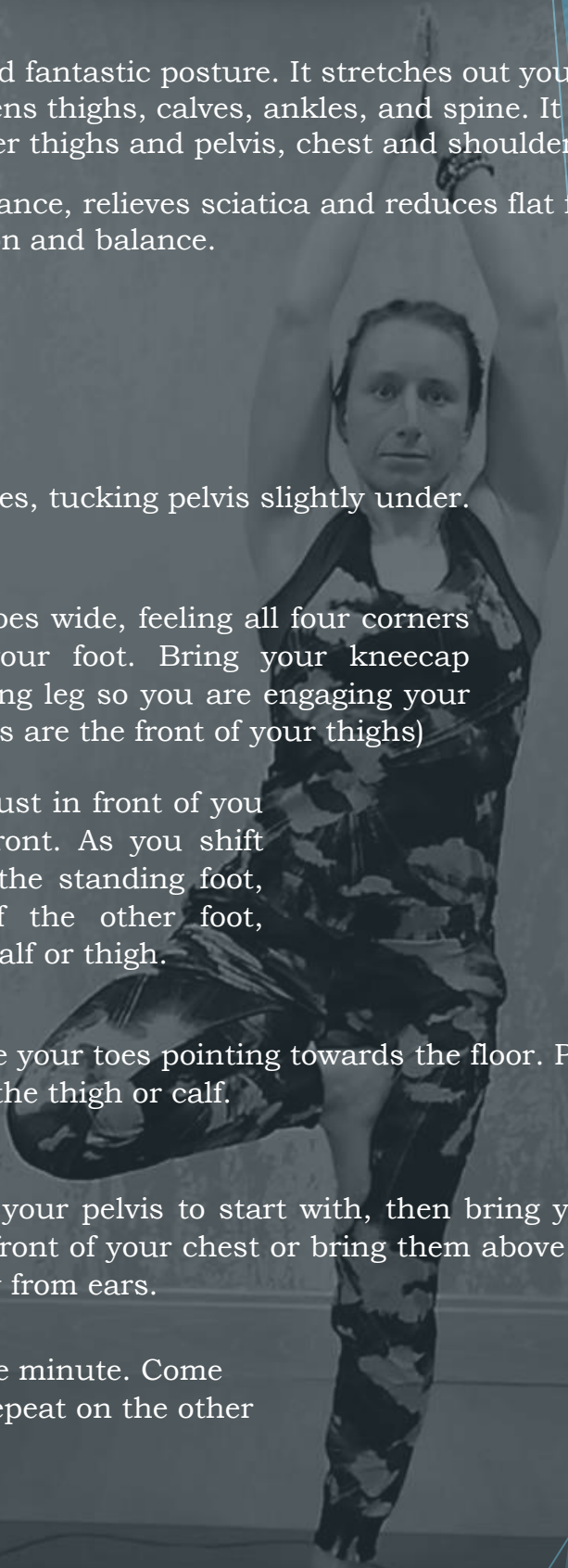
Method

1. Start in mountain pose.
2. Engage your core muscles, tucking pelvis slightly under.
3. Spread your standing toes wide, feeling all four corners of the ground around your foot. Bring your kneecap slightly up on your standing leg so you are engaging your quads (Quadriceps muscles are the front of your thighs)
4. Find your gaze point just in front of you or at your eye line in front. As you shift your weight through to the standing foot, slightly start to lift off the other foot, placing it on your inner calf or thigh.
5. On your bent knee, have your toes pointing towards the floor. Press your heel into the inner side of the thigh or calf.
6. Rest your hands on your pelvis to start with, then bring your hands into prayer position in front of your chest or bring them above your head keeping shoulders away from ears.
7. Stay here for up to one minute. Come back to the centre and repeat on the other side.

Tip

Easier version holding onto the wall or anything stable.

You should not try Tree pose if you have got high or low blood pressure, suffer from insomnia or have migraines.



Pyramid Pose

This pose is great for building balance and full body coordination. It calms the mind and improves postural habits. It stretches the spine, chest, and hips. It is also known to be therapeutic for flat feet. This pose also stimulates the abdominal organs, which improves digestion.

Method

1. Come to a standing position and bring your legs three feet apart from each other. Both feet pointing towards the top of the mat. Having both legs straight. Square your hips to the top of the mat, pushing your shoulders down away from your ears. Engage the leg muscles and send hips backwards.

2. On your inhale lift up slightly on your exhale hinging from your hips folding over the front leg, sending your gaze towards your big toe.

3. Bring your hands towards your shin or hands down either side of your front leg. Keep breathing. Every inhale, lift up every exhale fold further over pressing into the ball of the front foot. Pushing your heel down in your back foot. Stay here for five breaths.

4. On your exhale stepping back to the top of the mat and swap sides.



Chair Pose

This pose is amazing at strengthening your legs and arms. It also allows your chest to be open, helping you to breathe correctly.

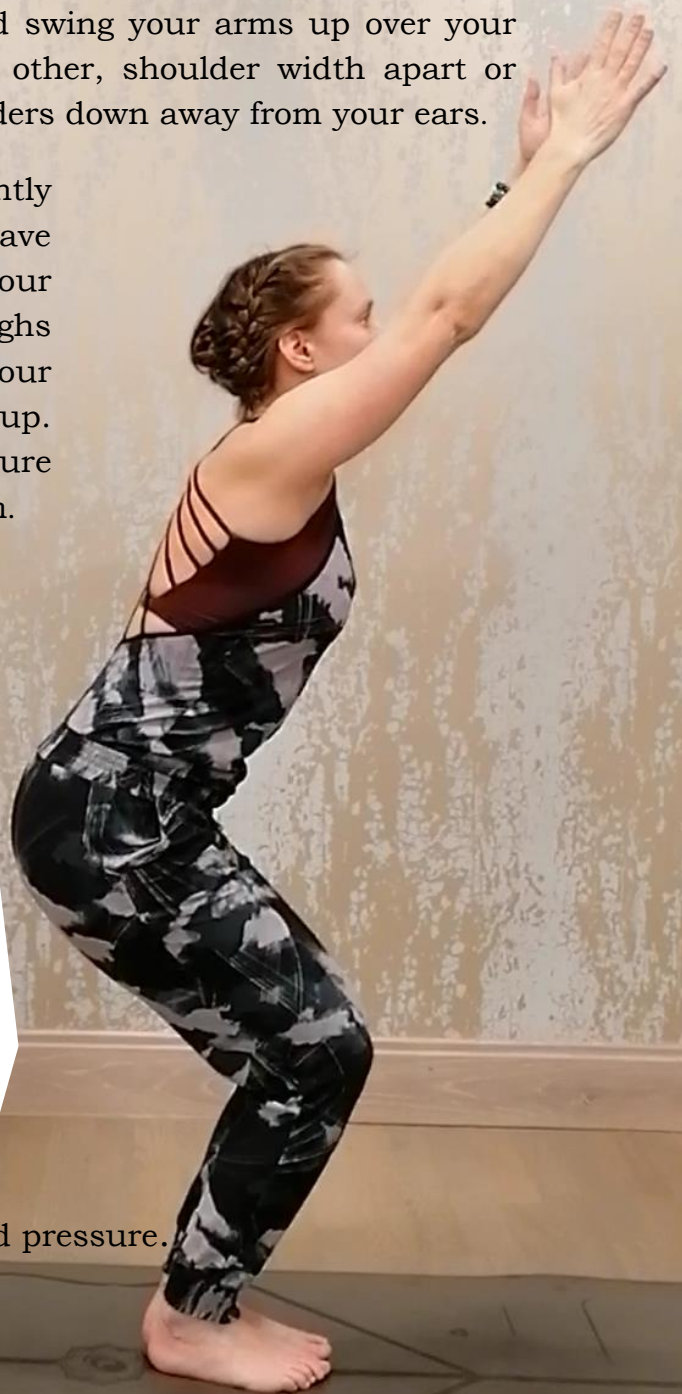
Method

1. Stand up straight with your legs together. Keep your feet, ankles and knees in a line. Have arms by your sides. Engage all your leg muscles.
2. On an inhale, bend your knees and swing your arms up over your head. Bring your palms to face each other, shoulder width apart or bring palms together. Push your shoulders down away from your ears.
3. Keep your heels on the floor, slightly rolling into the back of them. Aim to have your tail bone tucked under, keeping your lower back long. Aim to get your thighs parallel towards the floor. Engage your core. Pull your pelvic floor muscles up. Check you can see your toes, making sure your knees are not protruding over them.
4. Breathe through the pose, take a big inhale and exhale. On every exhale try and sink a bit lower to the floor, bending your knees slightly again. Slightly arch your back.
5. To come out of this pose straighten your legs on an inhale and release your arms back down to your sides.

Tips

Do not do this pose if you have low blood pressure.

Using a wall or bench, stand close to the wall with your back facing towards it. Lower down into Chair Pose with your tail bone just touching the wall. Use the wall to rest here if need be and to get the correct alignment.



Low Lunge

Lunges are great for helping target hip flexors and lower spine. Lunges are a great way to keep the hips supple and build strength in the thighs and lower back.



Method

1. Come on to all fours. Have knees stacked under hips, and hands under shoulders.

2. Bring one foot in line with your hands, keeping your knee stacked above your ankle. Push forwards slightly to open the lower back and hips.

3. Move your other leg backwards slightly keeping your knee on the floor and bring your thigh towards the floor. Press into the front foot, making sure the knee is not folding in on itself. Wrap the inner thigh outwards and look at your big toe. If you can't see the toe then push the knee out further, keeping an eye on any injuries to the knee or hip area.

4. Bring your hands to your hips, wrapping them around your waist or place them interlaced onto the top of the thigh.

5. To advance it further bring your arms up above your head, keeping shoulders down away from ears and palms facing towards each other, shoulder width apart or together. Engage your glutes (buttocks) and press down into the ball of the back foot. Engage core and pull pelvic floor muscles up into the abdomen.

6. Stay here for up to five breaths. Slowly lower down, coming back onto all fours and repeat on the other side.

Tips

Be aware of any serious knee injuries and neck problems. Look down at the floor instead of straight ahead.

If you find you are unbalanced in lunge, move your front foot out towards the side to create a small diagonal invisible line.

High Lunge



Method

Follow the instructions for Low Lunge.

To advance low lunge and come into high lunge push the knee of the back leg backwards. Engage all your leg muscles and glutes, coming onto your toes on the back foot. Push down into the heel, stabilising on the ball of the foot.

To advance further in Low or High lunge push into the front foot sinking hips down, opening the lower back and on an exhale, bend backwards slightly letting the front of the chest open and bring your arms up. Push the pelvis slightly forward. Keeping shoulders away from ears and relaxing down your back.

Warrior One Pose



The benefits of this pose is that it strengthens the legs, opens the hips and chest. Warrior one develops concentration and balance which helps battle internal weakness. It also improves circulation and respiration and energizes the entire body

Method

1. Have your feet about a metre apart and turn the right foot to face forwards and the left foot about 15 degrees inwards. Have heels in line with each other.
2. Bend your right knee, stacking it over your ankle. Engage your quads and hamstrings and push out the front knee so you can see your big toe. Try to wrap your inner thighs outwards. Press into the outside edge of the back foot.
3. Turn your hips and chest towards the front and reach your arms up towards the sky. Have your inner upper arms by your ears but shoulders down away from the ears. Either have your arms shoulder distance apart or palms together.
4. Send your gaze forward or up towards the sky. Breathe and stay here for 5 breaths.
5. Come out and repeat on the other side.

Warrior Two



This strengthens the legs, opens the hips and chest. Warrior Two develops concentration and balance which helps battle internal weakness. It also improves circulation and respiration and energizes the entire body

Method

1. Have your feet about a metre apart and turn the right foot to face forwards and the left foot about 15 degrees inwards. Have heels in line with each other.
2. Bend your right knee, stacking it over your ankle. Engage your quads and hamstrings and push out the front knee so you can see your big toe. Try to wrap your inner thighs outwards.
3. Turn your hips and shoulders towards the front and have your arms outstretched. Your right arm in front and your left arm behind you. Turn your head and look at the right middle finger. Making sure that your left arm is not sinking down, engage your arm muscles.
4. Lift shoulders up and draw them backwards, sliding them down your back away from your ears. Press your chest forwards. Keep hips in line with shoulders.
5. Press into your feet, keeping your legs strong. Roll to the outside of your back foot. Sink your hips down towards the floor, with tail bone tucked under. Reach the crown of your head up to lengthen through the spine.
6. Breathe and hold for three to six breaths
7. To release: straighten your legs and turn your feet forward, coming back into Mountain Pose.

Tips

Be careful in this pose if you have high blood pressure if it's not already under control.

Warrior Three

Warrior Three strengthens the whole back of the body, including shoulders, hamstrings, calves, ankles, and back. It also tones and strengthens the abdominal muscles. It improves balance, posture, and full-body coordination.

Method

1. Come into mountain pose and then step one leg back coming onto your toes on your back foot and then landing into high lunge. Either bring your hands to the floor or bring arms up above your head, releasing shoulders down away from your ears.
2. Push into your back foot, sending heel down towards the floor, spreading out your toes onto the floor with your front foot engaging all leg muscles. Also engaging the core muscles.
3. As you exhale start to straighten your front leg, bringing your back leg off the mat or floor, lifting it behind you. Engaging your quadriceps (quads) and gluteal muscles (glutes) at the same time.
4. From here bring your arms forward so your triceps are facing down parallel with the floor, reaching through your fingertips, or keep hands on the floor for balance. Try to get your torso, arms and back leg all in a straight line. Keep your pelvis centred and pushed back. Stay here for 5-10 breaths, slowly release giving your standing leg a shake out and repeat on the other side.

Tip

Be careful in this pose if you have high blood pressure if it's not already under control.



Reverse Warrior Pose



The benefits of this pose are it strengthens and stretches the legs, groins, hips, and the sides of the torso and waist. It improves flexibility in the spine, inner thighs, ankles, and chest. It also builds strength in the thighs, shoulders, and arms.

Method

1. Come to Warrior two pose and then with your arm in front, reach up towards the sky and drop the back arm down towards your back leg. Reach up through your chest and gaze up towards the sky.
2. Breath here. With every inhale lifting up through the chest, sinking further into your front leg and make sure you are pushing into the back foot. Notice your hips opening.
3. Stay here for 5 breaths. To release, just come out.



Dancer Pose

Dancer Pose builds full body strength, flexibility, and coordination. It opens the shoulders, chest, and hips, as it stretches and strengthens the thighs, ankles, and abdomen. This pose develops greater flexibility in your spine, shoulders, and hamstrings.

Method

1. Come into Mountain Pose and shift your weight onto one foot, spreading out your toes as you go.
2. Start to lift the other leg off the floor, bending your knee and bringing the heel of your foot up and backwards. Lift your kneecap up on your standing leg engaging your quads.
3. Reach back with the same arm to grab your heel or ankle, lifting your torso and pelvic floor at the same time and pushing your tailbone down and under.
4. Extend your thigh parallel with the floor, pushing your foot into your hand.
5. Stretch your other arm forward parallel to the floor, still slightly lifting your torso but bringing it slightly folded forwards.
6. Stay here for 30 seconds to a minute and then release back down and come back into Mountain Pose.

Triangle Pose

Triangle Pose is a therapeutic pose that provides many benefits including strengthening of the core and legs. It improves digestion and stimulates the abdominal organs.

Method

1. Stand with your feet about four feet apart.
2. Turn your left foot out about 90 degrees and your right foot about 15 degrees.
3. Have your arms outstretched and look down your left arm.
4. Engage your quadriceps by bringing your kneecaps up. Rotate the inner thigh up on the front leg while rolling onto the outside of the back foot, keeping an arch in the foot. Pull pelvic floor muscles up into the abdomen.
5. On an exhale, reach as far forward as you can before folding down over your left leg, placing your hand down the inside of your calf. Send your hips backwards as you fold down, engaging the core.
6. Bring your right arm up so your hand is stacked above your shoulder. Draw your shoulder blades towards each other, chest lifted. Send your gaze to look up at your outstretched right arm. Try not to arch your torso and keep your legs straight.
7. To come out, keep legs engaged and lift through your torso releasing back to the start position. Repeat on the right side.

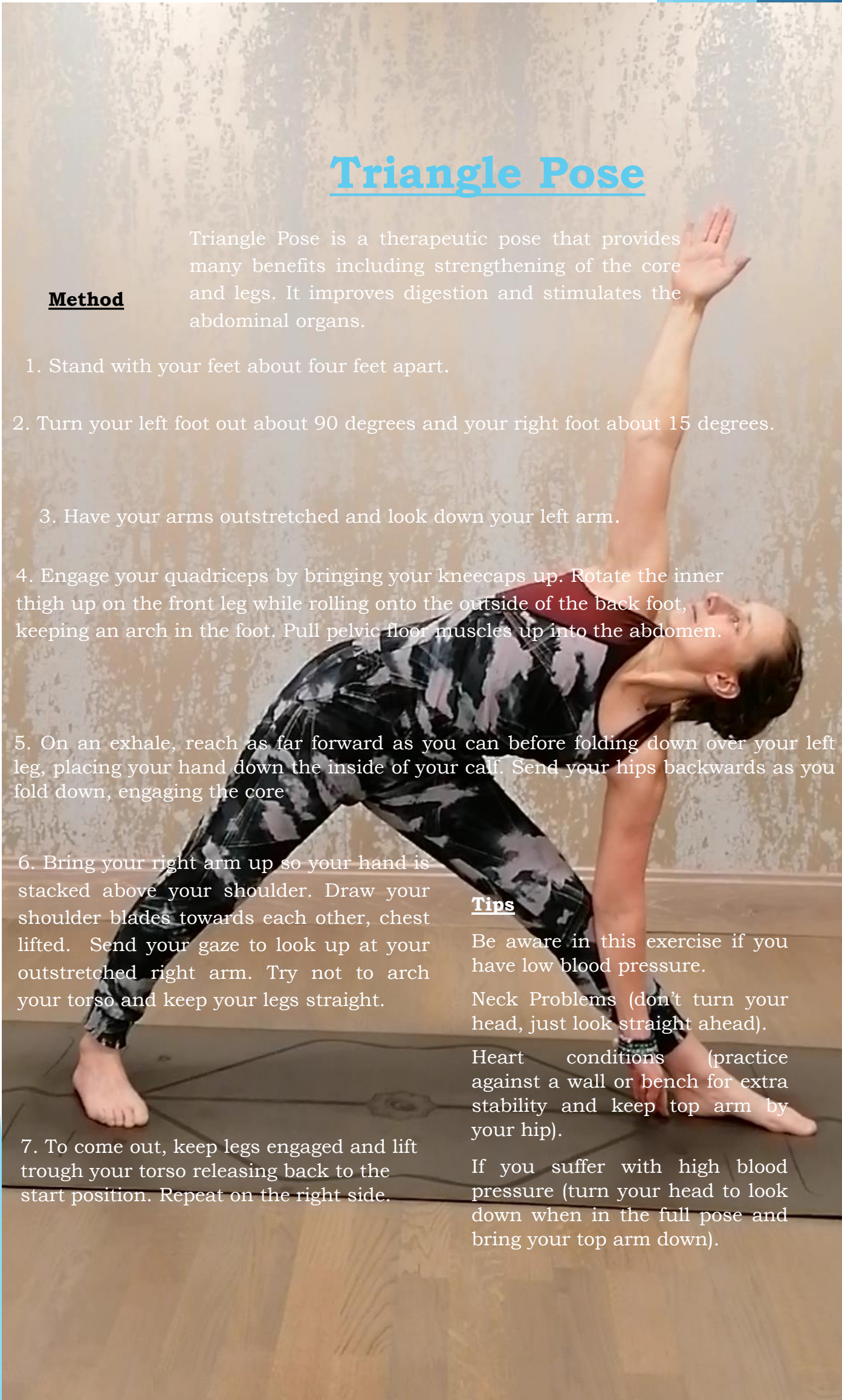
Tips

Be aware in this exercise if you have low blood pressure.

Neck Problems (don't turn your head, just look straight ahead).

Heart conditions (practice against a wall or bench for extra stability and keep top arm by your hip).

If you suffer with high blood pressure (turn your head to look down when in the full pose and bring your top arm down).



Eagle Pose

The benefits of this pose are stronger arms, legs, knees and ankles. It opens out the shoulder joints, creating space between the shoulder blades. It opens hips and IT band. It increases circulation to all joints and improves digestion. It also improves balance and focus.

Method

1. Come to a standing position, spread out your toes on your standing foot. The more you have your toes spread out, the easier it will be, as you've got a bigger surface area on your mat. Engage your standing leg muscles and gaze at a point. Push your shoulders down, away from your ears, squeeze your glutes.
2. Start to lift one leg of the mat to find your balance. Bring your arms outstretched and bend from your elbows, cross over your elbows and bring the backs of your hands towards each other or go further and bring the palms towards each other. Bring your elbows up in line with your shoulders, pushing your shoulders down, away from your ears.
3. Then crossing that leg that you have up over your thigh, trying to bring your foot behind your calf or in line with your calf. The higher up you have your leg against your thighs, the easier it will be.
4. Draw your shoulders forwards and breathe. Stay here for five breaths
5. To come out to release and swap sides.



Side Angle Stretch



This pose strengthens and stretches your legs, knees, and ankles. It also stretches your hip flexors, spine, waist, chest and lungs, and shoulders. It stimulates your abdominal organs and increases stamina.

Method

1. From Mountain Pose, have your feet wide about your leg length apart.
2. Move your left foot out about 90 degrees and turn your right foot to face the front of the mat. Bend the front knee, making sure that the knee is directly over the ankle. Aim to get the underside of the thigh parallel to the floor. Aim to have both heels in line with each other. Engage the leg muscles. Make sure the right knee is not folding in on itself and engage the inner thigh to rotate it outwards slightly.
3. Bring your arms out to the sides parallel to the floor, palms facing downwards. Pick up the shoulders and slide them down the back. Bend the front arm to come down on to the top of the bent knee.
4. With the other hand, bring it up and over your head, brushing past the ear, palms facing towards the floor. Lengthen all the way down the body. Aim to have hand, shoulder, hips, knees and ankles all in a straight line.
5. Roll onto the outside of the back foot, pressing heels down.
6. Look up at the raised hand or underneath the armpit opening out your chest.
7. Stay here for five to ten breaths. Release by pushing into both feet and repeat on the other side.

Tip

Be careful if you have neck problems here. Do not turn your head to look up at the palm of the hand. Look straight ahead or down to the floor.

Another variation is to bring your right arm underneath the thigh and have your palm facing upwards. Bring the left arm behind you and try to grasp both hands together. Use a band or strap if necessary.

Plank

Plank is a great way to strengthen your arms, wrists and spine. It tones your abdomen and starts to help burn fat.

Plank Method

1. Have your hands shoulder width apart and spread the fingers to distribute the weight evenly throughout the hands and feet. Slightly turn the upper arms inwards engaging the triceps.
2. Engage the shoulders by pushing up through the chest and drawing the shoulder blades away from the spine.
3. Engage your core, straightening out your legs, pushing the weight through to the feet.
4. Bring the kneecaps up into the quadriceps (quads) to engage the legs, keeping the pelvis lifted. You are aiming to get shoulders, hips, knees and feet all in a straight line.
5. Try to push your heels down towards the floor.
6. Send you gaze through to the floor. Imagine holding a tennis ball in between your chin and chest. This will help keep your spine in the correct alignment.
7. Plank pose is not about repetitions; it's about keeping the correct form for a set amount of time. Set your time and then repeat five or six sets, aiming to increase the time gradually but keeping form. Aim for around 15 seconds to start with. (For a gentler version which is on knees see the Tips section).



Do not do if you have Carpel Tunnel Syndrome.

Try not to hold your breath in any of the Plank positions.

Be aware of any wrist problems. Lower down onto forearms and follow the same instructions as above.

To advance Plank, try drawing your hands towards your toes and your toes towards your hands, always engaging the core. This will really fire up the core muscles all the way around your middle.

Do not look up in Plank position. This will increase the strain in your neck and spine and will send your Plank position out of alignment. Keep your gaze towards the floor in between your hands.

Squat

Squats help to build up your entire leg muscles and create a metabolic response breaking down fats and building up muscle in your entire body. They target mobility and balance which will help you with everyday activities, Squats will also build strong stable legs for extra stability.

People are quite afraid to do squats because of all the hype around being bad for your knees, but if done correctly they improve knee stability and strengthen the muscles all around the knee.

Squats are amazing at creating that perfect shaped bottom.

Method

1. Come into a standing position with your feet slightly wider than your hips. Turn your toes slightly outward, heels slightly inward.
2. Engage the thighs and rotate the inner thighs outwards slightly.
3. Bring your hands to your hips or out in front of you.
4. Engage your core, pulling pelvic floor muscles up and slightly push the weight into the back of the heels.
5. Start to slowly bend your knees, lowering your thighs until they are parallel with the floor. Keep the knees hip distance apart, not letting them fold in, as this creates tension in the knee joints.
6. Keep shoulders away from your ears and chest lifted and tail bone facing down towards the floor. Send your gaze forwards and not up or down as this will create tension in the neck area.
7. Keep your spine long. If you want to go further, then lower down a bit more keeping form in the back and knees.
8. Push through your heels to slowly come back up to standing. Repeat five to ten times, less if you have never done them before.

Tip

Just be careful in this exercise if you have lower back or knee problems. This will be fine for both if you have the correct form.

Bow Pose

This pose has so many benefits. It is amazing at improving your posture. This pose strengthens all the muscles in the back, arms and shoulders and stretches out the chest, thighs, tops of feet and abdomen. It is an all-round great stretch. It also awakens the nerves in the spinal cord making your mind feel alive and energised. If you are feeling fatigued at all then this pose is great to wake you up.

Method

1. Come onto the floor on your tummy. Engage your gluteal muscles (buttocks) and bring your arms or hands either underneath your shoulders or palms down by your hips.



2. Bend your knees bringing the heels as close to your buttocks as possible and reach behind and grasp both ankles with your hands. Draw the shoulder blades backwards and towards the spine, keeping shoulders down away from your ears.

3. On your inhale lift through your chest, pushing your feet into your hands and opening through the chest creating a bow shape.

Keep your knees hip distance apart and try to draw the inner thighs inwards. Engage your quadriceps (quads) by lifting them off the floor while lifting the feet keeping shoulders back.

4. Breathe in this pose and with every exhale try to lift through the chest more.

5. Stay here for five to six breaths. Slowly come out and release back down to the floor, resting for as long as needed.

Tip

Be careful here if you have a serious lower back or neck injury.

If doing this outside, maybe lay on a mat or blanket.

If you can't reach around to grasp your feet, then use a strap or resistance band to create extra length. Place it around the front of your ankles and grasp the band ends with both hands. You could also just reach round and grasp one ankle with your hand.

Balancing Table Top Pose

This is a great way to stretch out the shoulders, strengthen the gluteal muscles (glutes) and work the core.

Method

1. Come onto all fours, have your hands stacked under your shoulders spreading out your fingers and have knees hip width apart stacked under hips.

Push your shoulders away from the spine so as not to collapse in your chest.

Toes can either be tucked under or pointing away.

Have your gaze through to your hands and not further forwards or looking up as this will cause your neck and spine to be out of alignment. Tilt your chin slightly towards your chest, imagining holding a tennis ball there.

2. Engage your glutes, core and back, forming through your hands and lift the right arm off the floor pointing it out in front of you. At the same time, lift the opposite leg out to the back, pushing heel away from you, pointing toes towards the floor. Aim to have them parallel to the floor.

3. Try to keep the leg muscles engaged and reach through the middle finger. Push shoulders down away from the ears.

Hold for five breaths and slowly lower both limbs down to the start position

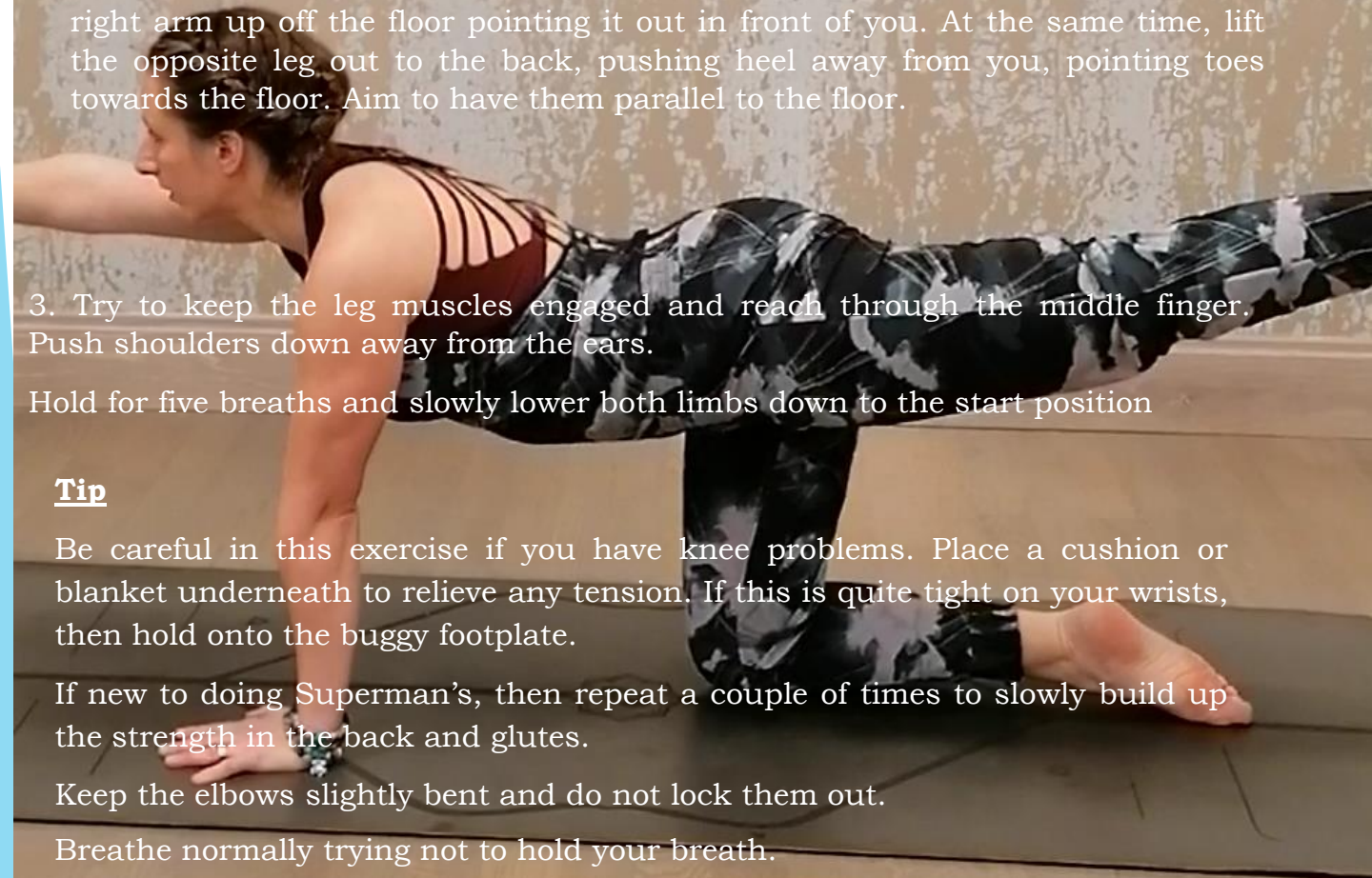
Tip

Be careful in this exercise if you have knee problems. Place a cushion or blanket underneath to relieve any tension. If this is quite tight on your wrists, then hold onto the buggy footplate.

If new to doing Superman's, then repeat a couple of times to slowly build up the strength in the back and glutes.

Keep the elbows slightly bent and do not lock them out.

Breathe normally trying not to hold your breath.



Seated Spinal Twist

This is a real spinal twist and will wring your insides out, in a good way. This pose also stimulates the liver and kidneys and stretches the shoulders, hips, and neck. It energizes the spine and stimulates the digestive system. It relieves backache and it is therapeutic for asthma and infertility.

Method

1. Come onto the mat and come to a sitting position with your legs out in front of you. Come onto your sitting bones by pulling your buttocks away from you.



2. Bend the right leg over your left and place your right foot just the other side of your left knee resting on the floor.

3. Keeping the left leg straight, push the heel away from you, flexing the toes towards the shin engaging all the leg muscles.

4. Bring your left elbow to rest on the middle or outside of your right knee with your hand pointing upwards, palm facing away from you.

5. With your right-hand place it behind you, pushing into the mat and twist round on your next exhale. If you are finding that your chest is collapsing here, use a block or a couple of rolled up towels or cushion to find that extra height.

6. On every inhale lift through the crown of your head and on every exhale twist the chest round further, making sure your torso is forward and up. Stay here for five breaths.

7. To come out of the pose, on your next inhale release your legs and swap to the other side.

Tip

Be aware in this pose if you have asthma or suffer with diarrhoea as the twist will help open the chest and open the bowels. Also, any issues with back pain or neck problems.

To advance this you can bind it if you wish. Bring your right armpit over your right knee and bend your right arm around the side of your thigh. With your left arm, bring it behind you on your left side. Back of hand facing towards the spine. Try and clasp your hands. Look up and twist around over your left shoulder. Swap sides.

Camel Pose

This pose is great to stretch out the entire front of the body including ankles, thighs and groin, abdomen, chest, and throat.

It stretches the deep hip flexors, strengthening the back muscles and improves posture, it also stimulates the organs of the abdomen and neck, and can help with anxiety and mild backache.

Method

1. Come up onto your knees, keeping them hip width apart, pressing your shins and tops of feet firmly into the floor, stacking your pelvis over your knees. Engage your quadriceps (quads-front thigh muscles) by bringing kneecaps up into thighs. Draw your thighs in slightly and have your pelvis slightly tilted up so tail bone is done.
2. Bring your hands behind and place them on your hips with your palms facing inwards, fingers pointing around your waist, thumbs pointing towards your spine.
3. Exhale and arch your spine backwards, pressing your hands in towards your spine. Let your head hang back a little. Be careful here if you have neck issues. Press your thighs forwards and arch in the lower back.
4. Stay here for five breaths.
5. Come out on your next exhale and fold forward slightly to release any tension in your lower back.

Advanced pose

Follow the method above but release your hands towards your ankles, pushing your pelvis forwards and bringing the shoulders towards each other. Aim to touch or have fingers on the tops of heels, pushing against feet.

Tips

Do not do this pose if you have lower back issues. Do not push your head backwards if you have neck problems. Keep your head lifted or use a wall and rest your head.

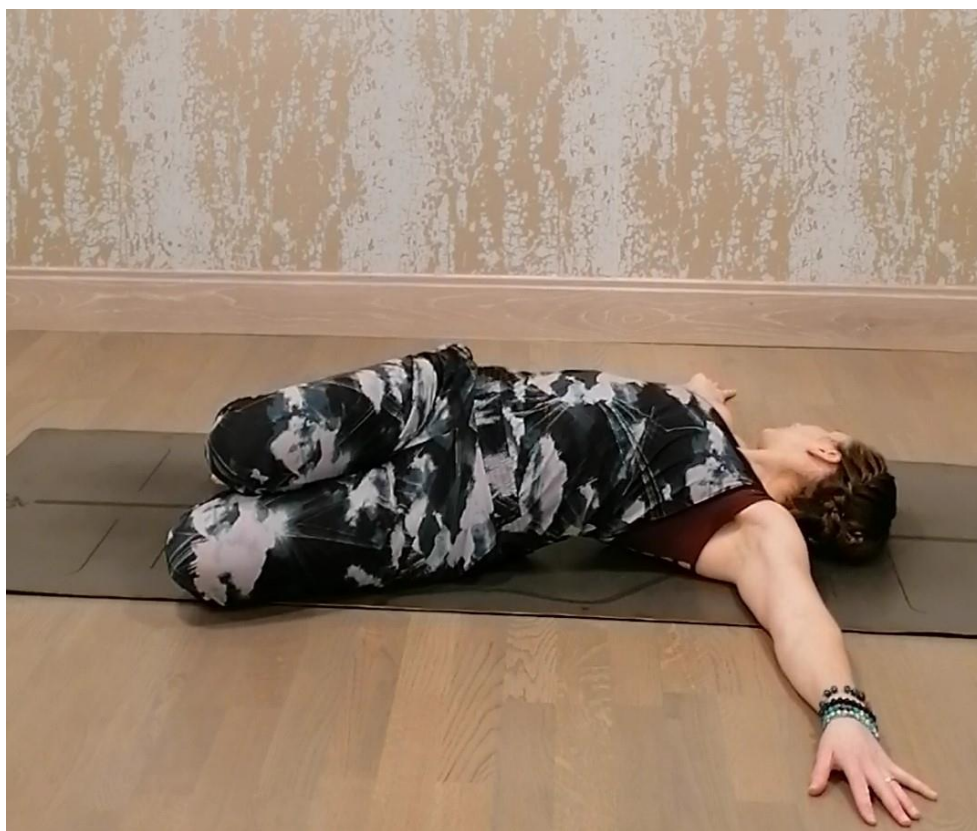
Try not to let your lower ribs face the sky as this puts pressure on your lower spine. A good tip here is to try this against a wall, trying to keep your thighs pressed against it and lean back, this way you are getting the full benefits without hurting the lower spine.

Be careful in the pose if you have high or low blood pressure which has not been treated.



Reclined Spinal Twist

The benefits of this pose are amazing. They help to ease back and neck tension. They soothe your nerves, calm you down. And it's like you're ringing out your insides. It feels amazing.



Method

1. Come to a laying down position, bending your knees and bringing your feet flat to the floor. Have your arms outstretched in a T shape position.
2. Drop your knees to one side and look down the opposite shoulder. You should feel a stretch in your lower to middle back.
3. If you wanted to go further to increase the stretch. Bring your bottom foot on top of your top thigh, try to push the outside shoulder down, and breathe. Stay here for five to six breaths.
4. On your next inhale, bring your legs back up to the centre and drop your knees down to the other side. gazing down the other shoulder. Having big, deep breaths here.

Tips

If you have got tight knees and pelvis then you can use a block or cushion to rest your knees on.

Seated Forward Fold

Method

1. Come to a comfortable seated position with legs out the front and come on to your sitting bones by pulling your bum cheeks away from you.
2. Having a straight back. Lift through your chest, shoulders down, away from your ears and reaching through the crown of your head. Push your heels away. Toes flexed pointed up towards the ceiling and push your calves and hamstrings down into the mat.



3. On your next inhale, reach up with both arms and hinge forward from your hips, being careful not to fold over and bending through your spine. Gaze down towards your toes and hold on to your shins.

If you are comfortable, either holding on to your big toe, or wrapping your hands around your foot gazing towards your toes, or towards your knees.

4. Every inhale, lift up slightly. And every exhale, fold forwards slightly. Stay here for three to four breaths. And then, on your next inhale, reaching up towards the sky. On your exhale, bring in your arms back down.

Cross Legged Seated Spinal Twist



The benefits of this pose are promotes good digestion. And it's another twist. So, it is ringing out your insides. So it's massaging your internal organs.

Method

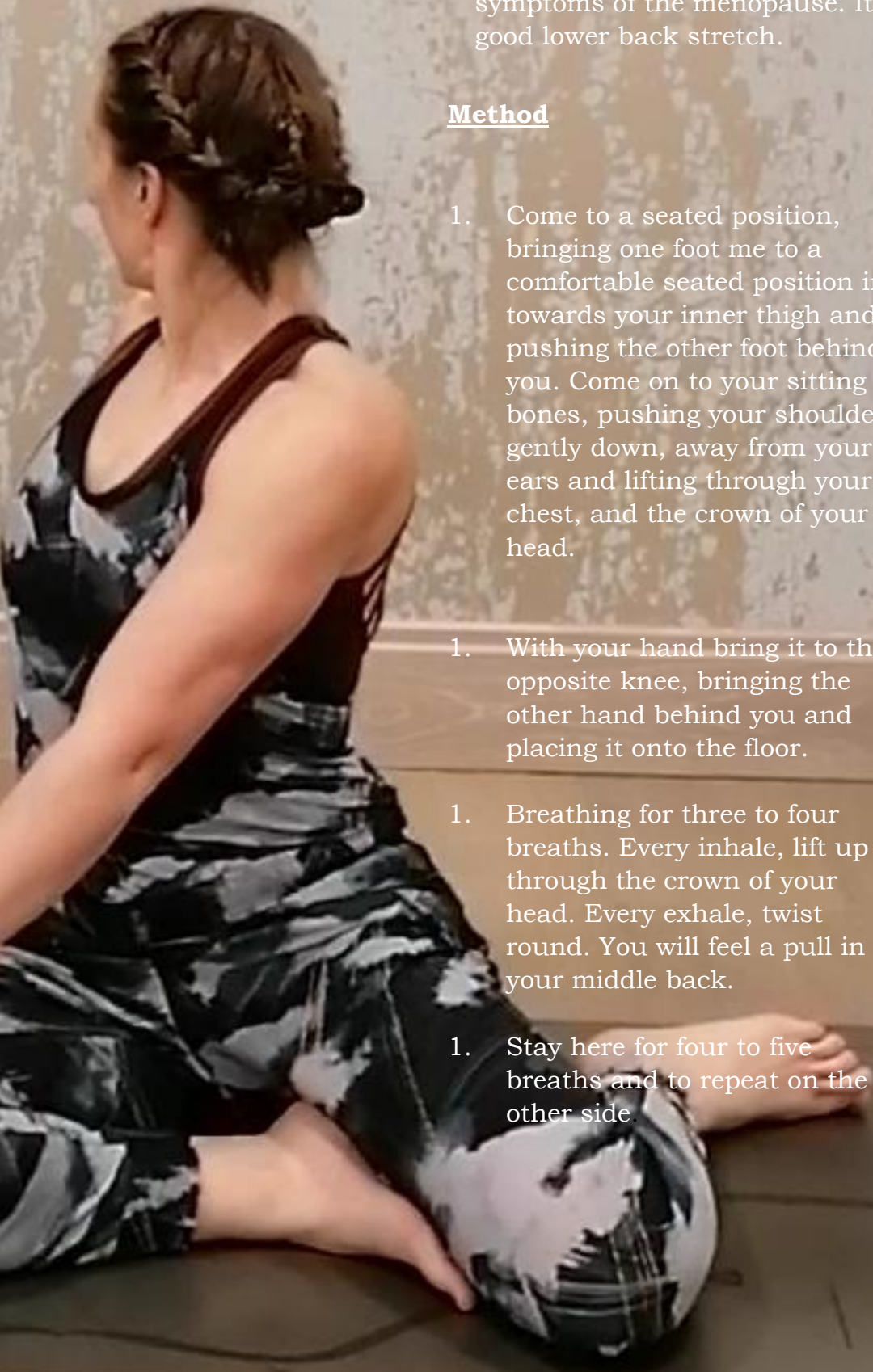
1. Come to a comfortable cross legged position. Pushing down into your sitting bones, lifting through your chest and push your shoulders down away from your ears.
2. Bring one hand to the opposite side of your knee and bring the other hand behind you, placing it onto the floor.
3. Lift up with every inhale. On your exhale, twisting round.
4. Stay here for 5 breaths and then on your exhale come out to swap sides.
5. Bring the other hand to the other side of your knee. And the other hand behind you. With every inhale, lifting up through your chest and reaching through the crown of your head on every exhale, twisting round further gazing over your shoulder.

Deer Pose

The benefits of deer pose. It is a great hip opener as well as improving digestion. It relieves gas and also helps to relieve symptoms of the menopause. It's a really good lower back stretch.

Method

1. Come to a seated position, bringing one foot in to a comfortable seated position in towards your inner thigh and pushing the other foot behind you. Come on to your sitting bones, pushing your shoulders gently down, away from your ears and lifting through your chest, and the crown of your head.
1. With your hand bring it to the opposite knee, bringing the other hand behind you and placing it onto the floor.
1. Breathing for three to four breaths. Every inhale, lift up through the crown of your head. Every exhale, twist round. You will feel a pull in your middle back.
1. Stay here for four to five breaths and to repeat on the other side.



Boat Pose

This is a great exercise to tone and strengthen your abdominal muscles. It can also improve your overall balance and concentration. It strengthens your spine and hip flexors and lengthens the hamstrings.

Method

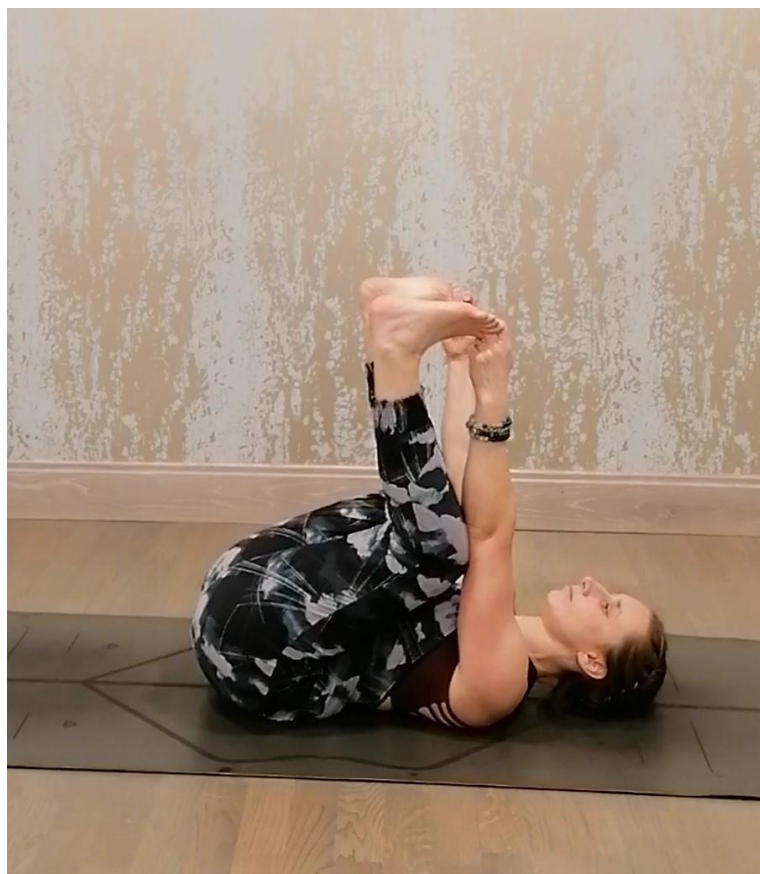
1. Come into a seated position, legs out in front of you. Pull your buttocks away from you so you are sitting on your sitting bones. Have your hands down by your sides.
2. Engage your core muscles pulling pelvic floor muscles up into the abdomen. Keep your chest lifted drawing the shoulder blades backwards and slide them down your back. Roll onto the back of your sit bones.
3. Keeping core engaged, bend your knees and hold onto the back of them. Slowly start to lift your feet off from the floor. Try not to collapse in your lower back, keeping the chest pushed forwards.
4. Squeeze your knees together, engaging all your leg muscles. Breath and stay here for ten to fifteen breaths.
5. Slowly release and come back to the start.

To advance this exercise from the normal position, straighten your legs out and bring your hands away from your knees with palms facing towards your legs, engaging arm muscles. Keep your shoulders down away from yours ears.



Happy Baby Pose

The benefits of happy baby pose are an excellent hip opener. It reduces tightness and tension in the hips and releases stress. It also energises your body, exercises your back muscles and gives your whole back a massage.



Method

1. Come on to your back, bringing your knees in towards your chest.
2. Bending through your knees, bringing your arms up towards the ceiling. Holding on either to the outsides of your feet, or your big toes. Keeping your knees bent, bringing your arms outside of your knees.
3. Keep your lower back pushed down into the mat and your tailbone pushed down. Wriggle your shoulders slightly further underneath you, and gaze up towards the ceiling, making sure that your lower back is pushed down into the mat and not lifted up. If you want to go further, gently rocking from side to side. Drop your chin towards your chest lengthening though your neck and spine.
4. Stay here for four to five breaths and release.

Seated Tree Pose

The benefits of this pose are that it stretches the thighs, groins, torso, and shoulders. It builds strength in the ankles and calves, and tones the abdominal muscles. The **pose** also helps to remedy flat feet and is therapeutic for sciatica

Method

1. Come to a comfortable seated position, coming on to your sitting bones pulling your bum cheeks away. Bring the sole of one foot in towards the opposite side of your leg. Pushing one leg out straight, pushing your heel away, toes flexed pointed towards the ceiling.
2. On your next inhale, lifting your arms up towards the sky. On your exhale hinging from your hips folding over the straight leg. Bring your hands down towards your shin or bringing your hands towards your toes gazing towards your big toe. If you are flat over, bringing your gaze towards your knees, staying here for four to five breaths.
3. Options to advance this. Hold on to the shin or your big toe of your straight leg. With the other arm bring that up and bend over to the straight leg side, twisting your top shoulder backwards and lifting through your chest. Feeling a stretch all the way down the outside of your body. Breathing staying here for four to five breaths. On your inhale, coming back up on your exhale, releasing and swap sides.



Locust Pose

The benefits of this pose is that it strengthens the **muscles** of the spine, buttocks, and backs of the arms and legs.

Stretches the shoulders, chest, belly, and thighs.

Improves posture.

Stimulates abdominal organs.

Helps relieve stress.

Method

1. Come on to your tummy, bringing the palms of your hands facing down towards the floor in line with your pelvis. Pushing the tops of your feet into the mat and resting your head on the floor, drawing your shoulder blades backwards.
2. On your inhale, pushing down into the floor, lifting up your chest, drawing your shoulder blades back towards each other, pushing your thighs into the mat, lifting your feet off. Squeezing your glutes and arms.
3. Every inhale, lift up slightly further increasing the stretch in your lower back. Keep lifting through your chest.
4. Options to go further to bring your hands in line with your pelvis palms still facing down towards the floor and pulsing through your arms. Another option is to interlace your fingers behind you, pulling your shoulder blades back further and gazing forwards and breathing, staying here for four or five breaths.
5. Coming out to release.



Pigeon Pose

Pigeon pose has so many amazing benefits. It opens the hip joint, lengthens the hip flexors, stretches the thighs, glutes and extends the groin and psoas.

Method

1. Come to table top position, having hands underneath your shoulders, knees underneath your hips. On your exhale, bring in your right knee towards your right wrist, pushing your shin parallel towards the floor and towards the top of the mat.
2. Push your left leg backwards and bring your left hip towards your right heel. Bring your hands down towards your pelvis sinking into your pelvis and lifting through your chest.
3. Every exhale, trying to push further through. Keeping your hips squared and centred towards the front. Squeeze your glutes and drop the thigh towards the floor.



4. Stay here and breathe for 4-5 breaths. Come out and swap sides.

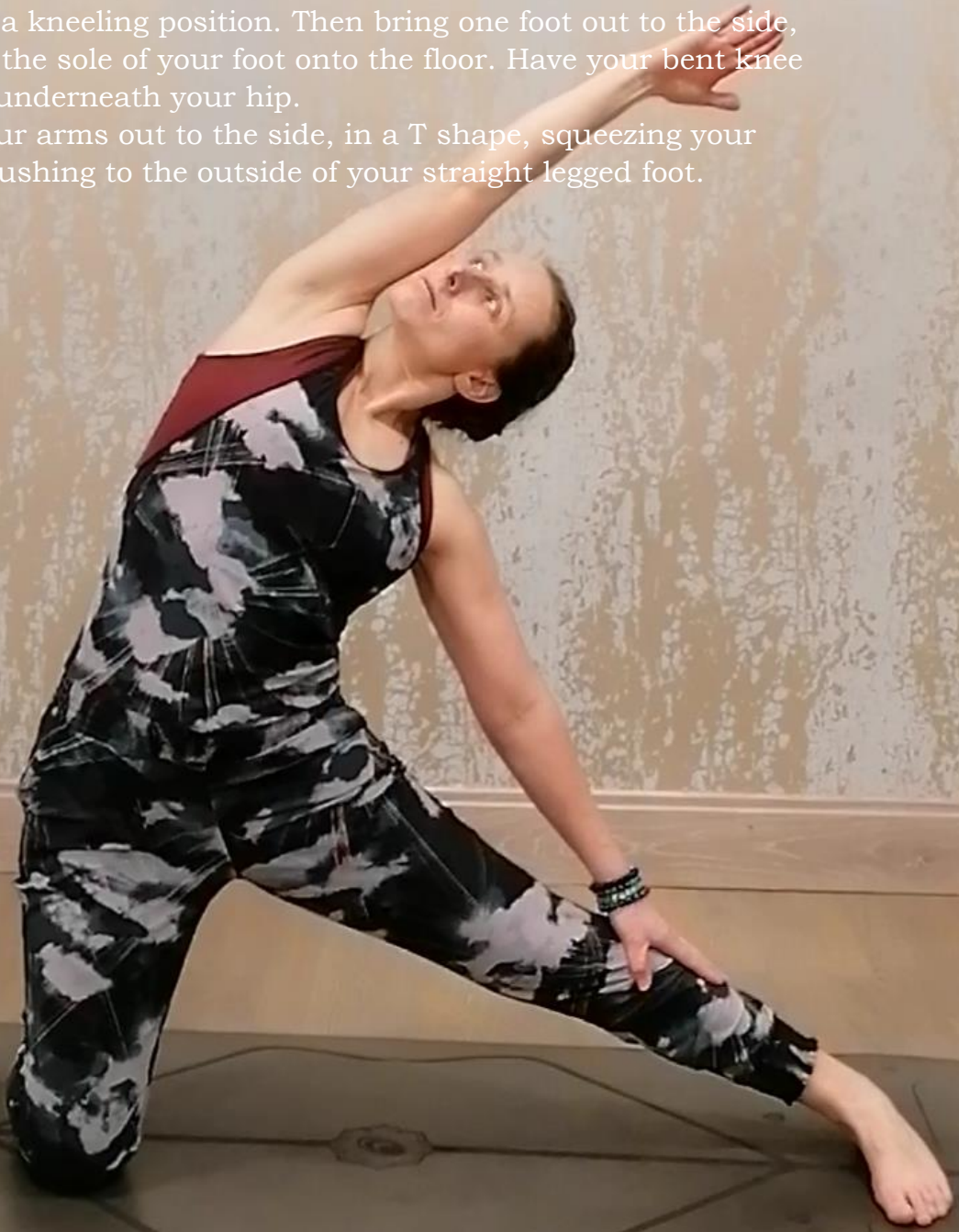
Options to go further. Bringing your forearms to the mat and folding over your leg or come onto your chest folding further forwards.

Gate Pose

The benefits of this pose are that it stretches the side of the torso from including the abdominal muscles, spine, and the hips to the armpits, hamstrings. It opens the shoulders, and helps to reduce neck and shoulder tension.

Method

1. Come to a kneeling position. Then bring one foot out to the side, planting the sole of your foot onto the floor. Have your bent knee stacked underneath your hip.
2. Bring your arms out to the side, in a T shape, squeezing your glutes, pushing to the outside of your straight legged foot.



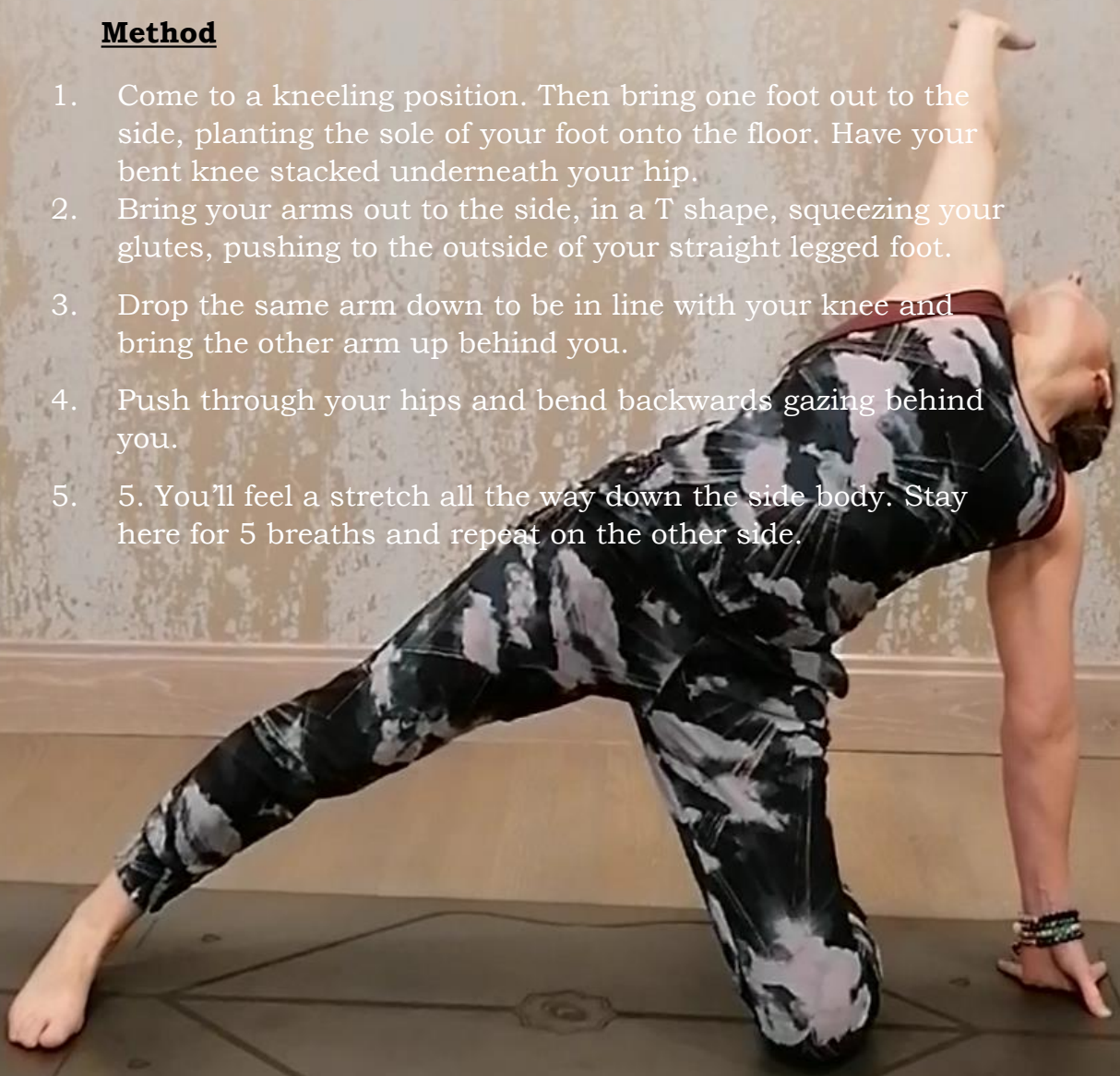
3. On your exhale bend to the side over on your straight leg.
4. Bring the other arm up and over towards that straight leg, feeling a stretch all the way down your outside of your body, your side body. Keep your glutes squeezed and push the hips forward slightly. You should start to feel your whole body opening up.
5. Stay here for three to four breaths. Come out, and repeat on the other side.

Easy Side Plank Pose

The benefit of side plank are strengths the core, arms and wrists, legs. It also improves balance and circulation

Method

1. Come to a kneeling position. Then bring one foot out to the side, planting the sole of your foot onto the floor. Have your bent knee stacked underneath your hip.
2. Bring your arms out to the side, in a T shape, squeezing your glutes, pushing to the outside of your straight legged foot.
3. Drop the same arm down to be in line with your knee and bring the other arm up behind you.
4. Push through your hips and bend backwards gazing behind you.
5. You'll feel a stretch all the way down the side body. Stay here for 5 breaths and repeat on the other side.



Bridge Pose

This is good for strengthening the spine, hands and wrists. It opens the chest and is a great weight loss/ fat burner from the stomach as you stretch further into the pose. It also fires up your gluteal muscles (glutes). This can also be a very energising pose.

Method

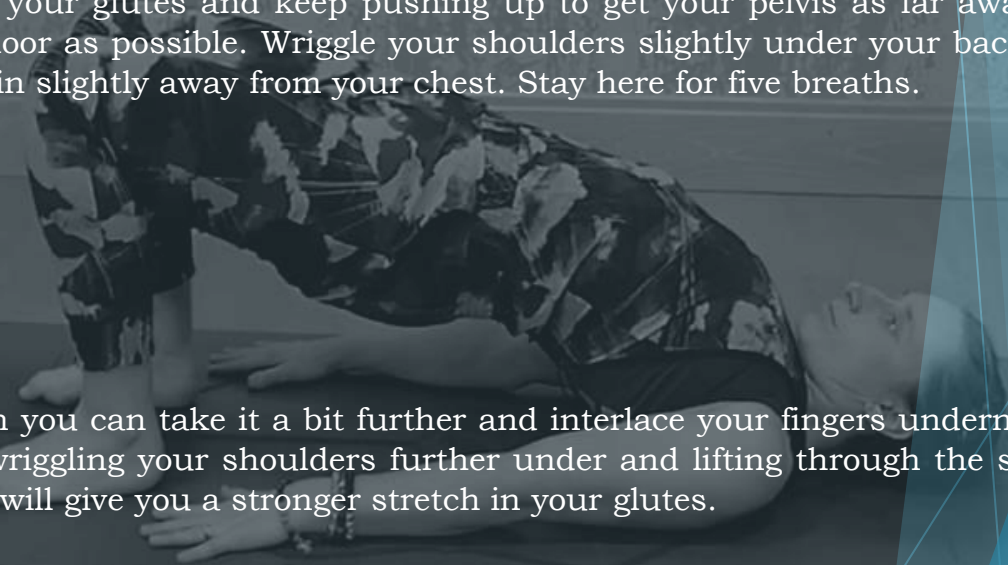
1. Lie on your back with your knees bent hip width apart and feet flat on the floor, bringing the feet as close to your pelvis as you want to go.

2. Have your palms facing towards the floor.

3. On your next inhale, push up through your forearms and hands engaging your glutes, core and leg muscles. Peeling your pelvis off the floor vertebrae by vertebrae and lifting through your pelvis.

4. Keep pushing into your forearms and hands. Make sure that your knees are not falling in or out to the sides. Keep them strong and stacked over the ankles.

5. Engage your glutes and keep pushing up to get your pelvis as far away from the floor as possible. Wriggle your shoulders slightly under your back. Lift the chin slightly away from your chest. Stay here for five breaths.

A person is shown performing the Bridge Pose on a dark mat. They are lying on their back with their knees bent and feet flat on the floor. Their hands are on the floor under their shoulders, and they are lifting their hips to form a bridge shape. The person is wearing a patterned top and dark pants.

6. If you wish you can take it a bit further and interlace your fingers underneath your spine, wriggling your shoulders further under and lifting through the spine further. This will give you a stronger stretch in your glutes.

7. To come out of the pose on an exhale, slowly release your spine and pelvis back down into the floor vertebrae by vertebrae.

8. Once on the floor, slowly hug your knees into your chest to release your back and rock from side to side, keeping the tail bone down towards the floor.

Upward Facing Dog



The benefits of this pose are it strengthens the spine, arms and wrists.

Stimulates the organs of the abdomen.

Improves posture, by stretching the spine and strengthening it. It stretches the chest and lungs, shoulders and abdomen.

It also helps to relieve depression, fatigue and pain of sciatica.

Method

1. Come to a laying down position on the mat, have your hands underneath your shoulders, pushing your pelvis down towards the floor and pushing your quads and tops of your feet towards the floor.
2. Draw the shoulders down away from the ears and slide them down your back. Have a micro bend in the elbows.
3. Lift up on your inhale drawing your shoulder blades backwards as you lift up, reach through the crown of your head, and lift the chest towards the sky.
4. You will feel a pull in your lower back which is good. Every inhale lift up, pushing into hands.
5. Stay here for five breaths, and lower back down to come out.

Butterfly Pose



This is a great hip opener and releases tension in your hips. A lot of people find there is so much tightness in the hips due to long periods of sitting for work.

Method

1. Come into a seated position onto the floor. Roll slightly onto the front of the sitting bones so the pubis is at the front and the tail bone is at the back. Pull out your glutes so you can feel your sit bones on the floor.
2. Bring your feet in towards you clasping your feet with your hands. Try to open out your feet like you are reading a book.
3. Lift up through the sit bones, lengthening through the spine and stretching up through the crown of your head.
4. On every exhale, move your knees out to the sides feeling the hip flexors opening, aiming to get knees parallel to the floor. Engage your core muscles and open through the chest.
5. To advance in the pose slightly, pulse your knees outwards releasing more tension like a butterfly flapping its wings. Stay here for one to five minutes.
6. Release by bringing knees closer together and allow legs down coming back to the start position.

Tip

If you have got tight knees or hips here then use a block to sit on tilting the pelvis slightly forward and use blocks, cushions or a blanket underneath each knee for support.

Be aware with any groin or knee injury.

Childs Pose

The benefits of child's pose is it gently stretches the hips, thighs, and ankles.

It calms the brain and helps relieve stress and fatigue.

Relieves back and neck pain when done with head and torso supported.

Method

1. Come to all fours and bring big toes to touch. Having your knees together, or slightly wider apart, sink your hips down towards your heels and walk your hands further forwards, feeling a stretch in your arms. Bring your forehead to touch the mat and breathe. Allow your hip flexors and IT bands to release.
2. Every exhale, allow your chest to come further down towards the mat, noticing a stretch in your hips, having your arms outstretched or mat distance apart. Or for a gentle shoulder release bring your hands to hug around your heels drooping shoulders over your knees. Stay here for five minutes, or however long you want to.

3. To release just push back up.



Legs Up the Wall Pose

The benefits of this pose are amazing. Great for relaxation with controlled breathing leads to a slowing down within your body. It increases circulation, soothes swollen or cramped feet and legs. It stretches the hamstrings and lower back and relieves lower back tension as well as pelvic Floor relaxation. I absolutely love this pose for a really relaxed calming pose.

Method

1. Come to a laying down position on your back. Shimmy up to the wall as close as you can get and walk your legs up the wall, trying to get your bum as close to the wall as possible. Keep shimmying up until you are there.
2. Lay back and bring your head down to the floor. Pushing shoulders down away from your ears, allowing your legs to hang up the wall.
3. Push your lower back down into the mat and push your bum cheeks as close to the wall as you can do. Allow your arms to be outstretched or wherever is comfortable. Drop your chin slightly towards your chest, and allow your eyes to close, breathe.
4. Stay here for as long as you want to. To come out roll over to your right side and push up.



Savasana or Corpse Pose



The benefits of this pose are that it calms the brain and helps relieve stress and mild depression. It relaxes the body. It reduces headache, fatigue, and insomnia and helps to lower blood pressure.

Method

1. Come to a laying down position, dropping your shoulders down away from your ears, allowing your feet to be mat distance apart, and having your arms outstretched just away from the side of your body.
2. Drop your chin slightly towards your chest, lengthening through your spine. Soften through your forehead, your cheekbones. Relax your jaw and bring your tongue away from the roof of your mouth.
3. Slowly starts to completely relax. Stay here for five or 10 minutes. As you start to wakeup, wriggle your fingers and toes. Then hug knees into your chest, roll onto your right side and push up to a comfortable seated position.

Savasana with knees On blanket

The benefits of this pose are that it calms the brain and helps relieve stress and mild depression. It relaxes the body. It reduces headache, fatigue, and insomnia and helps to lower blood pressure.



Method

1. Come to a laying down position, dropping your shoulders down away from your ears, allowing your feet to be mat distance apart, but putting your blanket under the knees. Have your arms outstretched just away from the side of your body.
2. Drop your chin slightly towards your chest, lengthening through your spine. Soften through your forehead, your cheekbones. Relax your jaw and bring your tongue away from the roof of your mouth.
3. Slowly starts to completely relax. Stay here for five or 10 minutes. As you start to wakeup, wriggle your fingers and toes. Then hug knees into your chest, roll onto your right side and push up to a comfortable seated position.

Reclined Butterfly Pose



The benefits of this pose is that it stimulates abdominal organs like the ovaries and prostate gland, bladder, and kidneys. It also stimulates the heart and improves general circulation. It stretches the inner thighs, groins, and knees. And helps to relieve the symptoms of stress, mild depression, menstruation and menopause.

Method

1. Come to a comfortable laying down position, bringing your feet together and allowing your knees to drop down towards the mat, opening out through your hips. Allow your lower back to push down to the floor. Wriggle shoulders down slightly underneath you.
2. Bring your hands either down by your hips, or onto your tummy, pushing your shoulders down away from your ears, dropping your chin slightly towards your chest. Close your eyes and breathe.
3. Stay here for five or six breaths. If this is quite tight on your knees, use in a blanket or a pillow under each knee.

Crocodile Pose

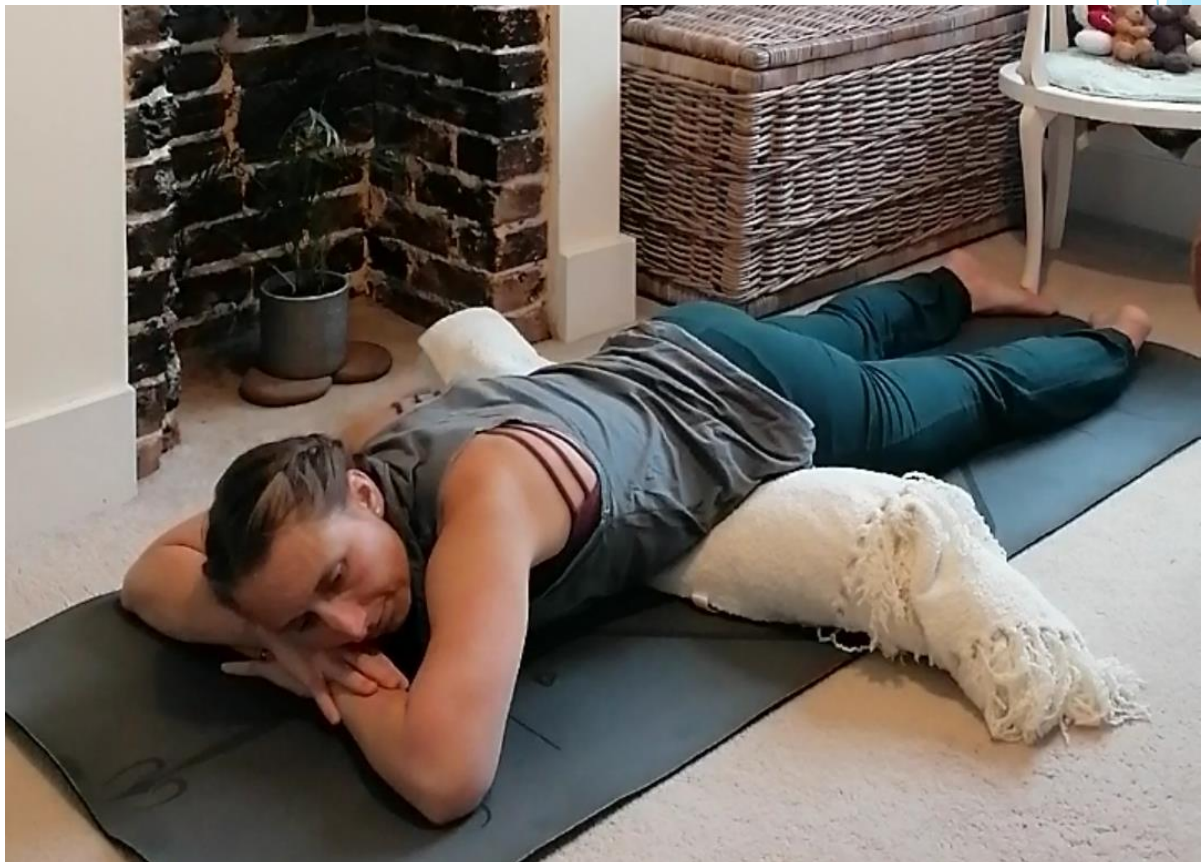
The benefits of this pose is that it is excellent for people suffering from spondylitis, slipped disk. or any other spinal problems.

It reduces stress and tension, promotes sleep.

Its also regulates blood pressure and reduces anxiety and gives deep relaxation to the shoulders and the spine.

Method

1. Bring your blanket underneath you rolled up into a sausage shape and come to a laying down position on your tummy. Rest your blanket just underneath your ribs in line with your tummy button. Have your arms in front laying on each other
2. Bringing your chin, or your cheek towards your hands and breathing closing your eyes.
3. Staying here for as long as you want to. You will feel a nice gentle pull in your tummy.

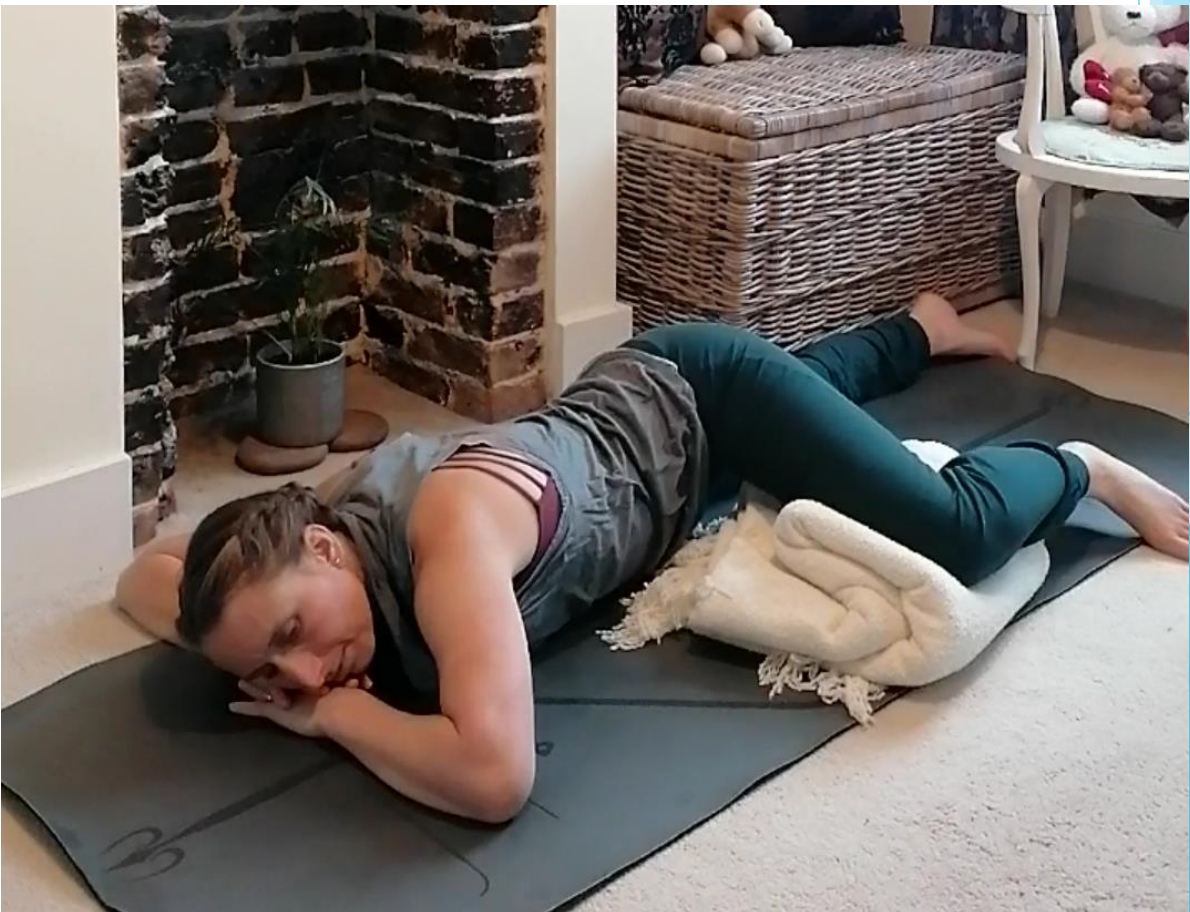


Fallen Tree Pose

The benefits of this pose is that it reduces stress and tension, promotes sleep. It's a great hip opener and it also regulates blood pressure and reduces anxiety and gives deep relaxation to the shoulders and the spine.

Method

1. Come onto your tummy with your blanket out by your hips. Bring your arms together and resting your cheek on your hands.
2. Bending one knee and bringing the inside of your knees to the blankets having your knee in line with your hips and your ankle in line with your knee.
3. Breathing staying here for five breaths. Every inhale, slightly lift up, and every exhale pushing down in towards your thigh. Opening out your hips.
4. Release and repeat on the other side.



Pigeon Pose hugging blanket

Pigeon pose has so many amazing benefits. It opens the hip joint, lengthens the hip flexors, stretches the thighs, glutes and extends the groin and psoas.

Method

1. Come to table top position, having hands underneath your shoulders, knees underneath your hips. On your exhale, bring in your right knee towards your right wrist, pushing your shin parallel towards the floor and towards the top of the mat.
2. Push your left leg backwards and bring your left hip towards your right heel. Bring your hands down towards your pelvis sinking into your pelvis and lifting through your chest.



3. Every exhale, trying to push further through. Keeping your hips squared and centred towards the front. Squeeze your glutes and drop the thigh towards the floor.
4. Stay here and breathe for 4-5 breaths. Come out and swap sides.

Options to go further. Bringing your forearms to the mat and folding over your leg or come onto your chest folding further forwards hugging the pillow

Seated Pigeon Pose

Pigeon pose has so many amazing benefits. Its opens the hip joint, lengthens the hip flexors, Stretches the thighs, glutes and extends the groin and psoas.

Method

1. Come to a seated position with knees bent, feet flat onto the floor. Keeping your knees hip distance apart. Bring your hands about a foot away from your pelvis, fingers pointing towards the front.
2. Bend though your elbows, bringing one foot on top of your thigh and breathe, lifting through your chest. Keeping your shoulders back. Push your knee out to the side, opening out the hips.
3. To come out, release and repeat on the other side.



Frog Pose

The benefits of this pose are that it opens the hip joints, which reduces strain on the knees. It strengthens the lower back while opening hips and helps digestion.

Method

1. Come on to your tummy bringing your hands underneath your shoulders and coming onto your forearms.
2. Push your pelvis down towards the floor and bring your knees out to the side having them mat distance apart.
3. Bring your feet towards each other pressing the outsides of the feet together. With every exhale, pushing down into the tops of your pelvis and bringing your feet down towards the floor, but keeping your pelvis pushed down. I cant do this at all hence the photo. You will feel a stretch in your hip flexors.
4. Stay here for five breaths and release.



Fish Pose

The benefits of this pose is that it stretches the front of the body, particularly the throat, chest, abdomen, hip flexors, and intercostals (the muscles between your ribs). It also strengthens the upper back muscles and the back of the neck, which improves spinal flexibility and posture.

Method

1. Come to laying down on your back, bringing the palms of your hands underneath your bum, palms facing down towards the floor.
1. Bring your elbows in and under towards your chest. Coming up onto your forearms. Lifting through your chest, bring your head off of the mat and drop your head back, the crown of your head facing down towards the floor, opening out through your neck.
1. Breathing staying here for five breaths and release.



Lizard Pose

The benefits of this pose is that it is a great way to stretch your hamstrings, hip flexors, and quadriceps. Strengthening these muscle groups will help you maintain a full range of motion. A slow, deep stretch in these muscles can help alleviate pain, release tension,



Method

1. Come to a low lunge position making sure your knee is over your ankle. Bring both hands to the inside of the front leg. Use a block here if needed.
1. Bring your shoulder inside of your front knee and spread out your fingers. Lifting up through your chest.
1. Every exhale, push further forwards in towards your pelvis and push to the front, making sure that your knee is not going further than your ankle. If you want to go further, lower down onto your forearms, squeezing your glutes,
1. To go further, coming up onto your toes on your back leg, lifting up through your chest. Stay here for five breaths wherever you are.
1. To come out release repeating on the other side.

Circular Hip Movements

The benefits of this movement are that it is a great core strengthener, It reduces pain management, and grounds your body down. The help with digestive problems and are great for internal and external rotation of the pelvis.



Method

1. Come to a tabletop position. Having your hands underneath your shoulders and your knees underneath your hips, having your hands shoulder distance apart, and your knees hip distance apart.
2. Pushing one leg out the back squeezing your glutes, pushing your heel away toes flexed pointing down towards the floor. Bend through that knee and bringing your knee towards your elbow and push back.
3. Do this four times, and repeat on the other side, keeping your hips pushed forwards towards the top of the mat and not rotating.

Puppy Pose

The benefits of Puppy Pose are that it stretches the spine, shoulders, upper back, arms and abdominal muscles. As a slight inversion, with the heart just higher than the head, this **pose** can foster a sense of calmness in the body, relieving stress and anxiety. It releases tension in you upper arms, shoulders, and neck



Method

1. Come to a table top position hands underneath your shoulders, knees underneath your hips, keeping your knees hip distance apart. Either pushing your toes under or pushed away.
2. Walk your hands forwards and drop your chest, towards the floor, bringing your forehead to kiss the mat. Tilt your tailbone towards the ceiling and breath.
3. Releasing through your shoulders and your upper arms. If you want more of a shoulder stretch, bringing your chin to the floor. Breathing, opening out through your shoulders, and releasing through your chest.
4. Stay here for five breaths. Then release to come out.

Seated Elbow Shoulder Stretch

The benefits of this pose are that it is great to release tight shoulders, chest and arms.



Method

1. Come to a comfortable seated position. Bring one hand up towards the sky, bending that elbow and bring that hand either to touch the back of your neck, or in between your shoulder blades. Bring the other hand to wrap around your elbow.
2. Every inhale lift up and every exhale sink further down, pushing your hand further down towards the middle of your spine.
3. Lifting through your chest and pushing down into your sitting bones. Stay here for five breaths.
- 4 .Release the shoulders and repeat on the other side.

Seated Arm Across Elbow Shoulder Stretch

The benefits of this pose are that it is great to release tight shoulders, chest and arms.



Method

1. Come to a comfortable seated position. Bring one arm out in front of you and hold on to just above your wrist or your forearm. Bringing it across your body and into your chest.
2. Push both shoulders down, away from your ears. Every inhale lift up slightly every exhale, push further round, breathing.
3. Stay here for five breaths. Release repeat on the other side.