



YOGA TIPS

Yoga has a long history of helping people build strong bodies that can withstand the stress of daily living. Deep breathing is vital to yoga, and the exercises often use the breath to help the body relax. Exhaling completely allows us to inhale fully, expanding our lungs both in front and back. Complete breathing improves oxygen flow to our muscles and our brain, helping us to relax further and become more alert and clearminded.

The following stretches are modified yoga postures. If you enjoy these stretches and would like to know more, we recommend seeking a qualified, experienced yoga instructor.

THE STRETCHES



1. Release the small of your back. Lie on your back with your feet flat on the floor. Place a hand on each knee. Exhale and draw the knees in toward your chest, pressing your low back into the floor. Hold for a moment or two, inhale, and let your knees rise until your arms are straight. Exhale and pull the knees back into your chest. Repeat several times. End with your feet back on the floor.



2. Roll your spine. Stand with your feet shoulder-width apart, and your arms and shoulders relaxed. Exhale and begin to bend forward, starting by tucking your chin. Think of rolling down your spine, one vertebra at a time. Go slowly, taking 3 to 5 slow breaths to reach the point of a full, comfortable stretch. Touch your toes if you can, or simply stretch as far as you can without straining. Hold the stretch for 2 or 3 relaxed breaths. Inhale and start rolling up, one vertebra at a time, taking 3 to 5 breaths as you return to starting position. If it's more comfortable for you, bend your knees slightly throughout the stretch. Repeat several times.



3. Relieve shoulder tension. Stand up straight, with feet shoulder-width apart and hands clasped behind your back. Bend over from your waist and bring your arms as close as you can toward your head without straining. Keep your arms straight and your hands clasped. Hold for 10 seconds and relax. Repeat several times.

Medically Sound Mobile Massage LLC
Enhancing Health • Addressing Stress • Improving Performance
www.MobileMassageWI.com 920-470-7488