

MOVEMENT MONDAY

Yoga



Foundation

Yoga not only improves strength and flexibility, it also helps with your focus.

Try these poses and remember to focus on your breathing. Hold each pose for 20 seconds, take a ten-second break and try the next one. Repeat the sequence two or three times.

1. Extended Mountain

Stand tall, chest out, reach your arms up above your head



2. Tree

Palms to chest, tuck one foot inside the opposite leg, stretch your arms out like branches.



3. Warrior

Lunge, turn your back foot sideways, bend deep as you reach both hands to the sides.



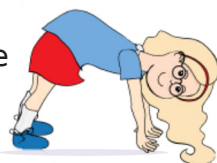
4. Airplane

From standing, stretch one leg back, carefully tip forwards until you are parallel with the floor, spread your arms out like wings.



5. Down Dog

Place your hands flat on the floor. Straighten your legs, heels down, arms strong.



6. Cobra

Lie on your tummy, place hands by your shoulders, straighten arms and arch your back up.



7. Cat

Come to an all-fours position. Breathe in: arch your back and raise your head. Breathe out: round your back and tuck your chin into your chest.



8. Rock

Sit on your heels, rest your forehead on the ground with your arms down alongside your body, and take a few deep breaths.

