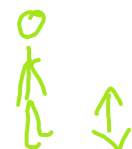


**yoga exercises reCAP 2022**  
**June 1<sup>st</sup> of 2022 – June 2<sup>nd</sup> of 2022**  
**movin' your body, mind & soul with yoga teacher Brigitte**

Brigitte is doing yoga, meditation, martial arts and many other sports. She has been successfully teaching yoga on events, in classes and for individuals for 21 years. You can get more information on her website [www.brigitte.yoga](http://www.brigitte.yoga).

**2022 June 1<sup>st</sup> online**



- **Side stretcher while standing**

Please stand up – stand hip-width apart – straighten your feet forward – feel your feet on the ground  
Lift your toes up and put them back down

Let the breath flow deep into your stomach for 2-3 breaths

then raise your right arm and bend to the left, the left arm just hangs down. Open your chest.

stretch your entire right side of the body. Stretch it from your fingertips to the outside of your foot.  
Breathe deeply.

Then bring your right arm back down and mentally compare your body halves.

Then slowly raise your left arm and bend to the right, the right arm just hangs down. Open your chest  
Stretch your entire left side of the body. Stretch it from your fingertips to the outside of your foot

Breathe deeply. Then bring your left arm back down. Trace.



- **Exercise for tired shoulders**

Please stand up – stand hip-width apart – straighten your feet forward – feel your feet on the ground

Tail bone pulling down, pull your shoulders up to the ears.

Breathe in breath out.

With shoulders up turn your body to the right. Breathe in breath out.

Turn your body to the middle. Breathe in breath out.

Turn your body to the left. Breathe in breath out.

Turn your body to the middle. Breathe in breath out.

Lift your arms up and come down with your upper body to the ground. Maybe your hands will touch the ground but it is not important. Relax your hat, your shoulders. Than lift up your hat and your arms and come up with your upper body again. Repeat the exercise.



- **Take on the role of a waiter**

Please stand up – stand hip-width apart – straighten your feet forward – feel your feet on the ground

Stretch out your right hand and imagine you have a tray full of drinks in your hand. Now turn your hand with the imaginary tray inwards towards your body and upwards over your head until you are back at the starting position. Of course, the hand must always be held in such a way that no drink could fall. Repeat the circular motion for 5-10 times. Then you can drop the tray. ;-)

Now stretch out your left hand and repeat the exercise with it. Drop the tray again and right again. But now the other way around. If you twisted the tray in the first time, now twist it out and back over your head. 5 - 10 times. Drop the tray and do it again with your left hand in the same way. It is a very gentle exercise for the shoulders.



- **Stretching back & shoulders**

Please stand up – stand hip-width apart – straighten your feet forward – feel your feet on the ground

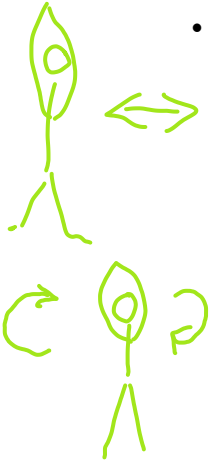
Shift your weight to your right leg and lift your left leg so you can wrap your hands around it. Now bend





your upper body forward until you can see the toes of your right foot. Let your knee sink heavily into your clasped hands so that you can stretch your shoulders and your entire back. After 5 breaths in this pose, straighten up. While holding your knee lean back a little, hold 5 breaths here as well. Then come back to the center and put your left leg down. Repeat this exercise with your right leg. Then repeat the whole exercise again.

## 2022 June 2<sup>nd</sup> online



- **Stretch your entire body with your hands crossed**

Please stand up - stand hip-width apart - straighten your feet forward - feel your feet on the ground

Bring your arms up over your side and clasp your hands. Bring your palms up. Bend to the left and hold this position for 5 breaths. Then come back to the center.

Stretch and bend to the right and hold the position for 5 breaths. Come back to the center.

Then turn to the left and hold for 5 breaths. Then turn to the center and further to the right, 5 breaths.

Come back to center and slowly lean forward.

After 5 breaths, bend your knees, lift your head and stretch your arms forward and straighten up again.

Then lean back slightly with your outstretched arms.

After 5 breaths come back to the center and lower your arms back down over your sides.

Check and repeat the exercise one more time.

- **Strength for your back**

Please stand up - stand hip-width apart - straighten your feet forward - feel your feet on the ground

Place your feet wide apart with your toes pointed straight ahead. Then lower your butt as if you were sitting down. Stop halfway up and extend your arms forward (hold 5 breaths), palms facing each other.

This position is mainly held by your thighs and back.

Now spread your arms as if you want to fly (hold 5 breaths).

Then straighten your arms back and hold for 5 breaths.

Then finally let your arms hang down and relax your head and shoulders.

To get back up, bend your knees, lift your head and stretch your arms forward and straighten up.

Trace. Then repeat the exercise again.

- **Wake up your body**

Stand up and start shaking and jumping. Include everything: the head, the arms, the hands, the legs and the feet. If you can, shake your body for 5 minutes. You can spin, jump, just do anything you can think of while you are shaking your body. Afterwards stand, close your eyes and feel. Notice how it has awakened your body.

- **Refreshing face and eyes and the whole body with**

Please stand up - stand hip-width apart - straighten your feet forward - feel your feet on the ground

Open your eyes wide and look up and down relatively quickly about 7 times (without movin' your hat to much). Then look right and left 7 times. Close your eyes, clap your hands, rub them together and place your warm and cupped hands over your eyes, relaxing your neck while tilting your head slightly forward. After a few breaths, stroke your hands over your eyes, face, neck and chest.

Then look up right and down left 7 times. Then look up left and down right 7 times. Circle your eyes to





the right and then to the left, 7 times each time. Close your eyes, clap your hands, rub them together and place your warm and cupped hands over your eyes, relaxing your neck while tilting your head slightly forward. After a few breaths, stroke your hands over your eyes, face, neck and chest. Then tap your entire body to activate your lymphatic system. Of course, only tap on the head with your fingertips. And then enjoy the feelings of your body!

Namasté  
Brigitte