

# YOGA & STRETCHING

## **Before You Start**

If you have a medical condition you should consult your medical or health specialist before embarking on this Slimming Yoga program. It also applies to pregnant women and children below 12 years old.

## **When to Practice**

Put aside a specific time in your day to enjoy your Yoga practice. Dawn and dusk are considered the best times of the day to practice Yoga, as the rising and setting of the sun charge our body with special energy. However, if these times are impossible for you, find another time of the day that works best for you and practice consistently.

## **Precautions:**

Never practice directly after eating. Yoga should be done on empty stomach. Therefore allow at least 1 hour after a snack and 2 - 3 hours after a heavy meal before you begin your practice.

It is best to drink before or after your Yoga session, to avoid becoming dehydrated. Try to avoid drinking water during the practice, to avoid losing your concentration on Yoga postures and breathing.

## **How to Practice**

- ❖ Perform all the postures slowly and with control. You are not in competition with anyone, not even yourself. You'll progress faster when you take things slowly.
- ❖ Concentrate on your breathing, feel the air slowly flowing through your body, relaxing and energizing it.
- ❖ Relax. Let go of any unnecessary tension, stress or negative thoughts.
- ❖ Start every session with the warm-up. It's essential to avoid injuries.

# NOW LET'S START WITH BASIC EXERCISES

## **Yoga - Morning Stretch**

1. Lie face up, arms by side, palms down
2. Inhale, bring arms overhead & lift spine off the floor
3. Point toes. Extend legs & arms away from each other
4. Exhale, bring arms back to side, release lumbar spine to the floor
5. Repeat 10-20 times



## **Yoga - Downward Dog**

1. Lie face down, hands flat on the floor beside shoulders
2. Feet hip width apart with toes flipped under
3. Exhale, push hips up, keep tailbone high
4. Back flat, arms straight, head between upper arms
5. Knees straight or slightly bent, drop heels toward floor
6. Hold for 5 breaths, exhale & lower



## **Downward Dog (Abdominals)**

Begin in a push up position, hips close to floor

- Press hips up & back
- Form a V position from hands to feet
- Keep arms & legs straight
- Pause, lower & repeat



## **Cobra Stretch**

- Lie face down, feet & legs together, toes pointed
- Hands flat on the floor, elbows by side
- Inhale, push pubic bone into the floor
- Slowly extend elbows, lift chest & head & gaze upward
- Pull shoulder blades down & back
- Hold for 5-8 breaths
- Exhale, slowly lower head to the floor, relax completely



## **Low Back Stretch - Seated - Partner Assisted**

- Sit upright on the floor
- One leg straight, other bent & flat on floor
- Put opposite hand on bent knee
- Other hand on above head
- Partner stands behind & pushes torso into rotation
- Partner then bends the torso sideward toward the straight leg



## **Low Back Stretch - Push - Partner Assisted**

- Sit on floor
- Legs straight, feet spread wide
- Partner pushes lower back forward toward feet
- Stretch forward, hands on floor





## **Hip Flexor - Quadriceps Stretch – Kneeling**

- Kneel in lunge position
- Reach behind & grasp ankle
- Pull ankle toward buttock
- Ensure torso is in an upright position
- Hold something for support if necessary
- Contract abdominals and buttocks to increase stretch



## **Hamstring Stretch – Standing**

- Stand
- Raise one leg onto box or bench
- Hips pointed towards elevated foot Upright posture, lean forward over elevated leg



## **Hamstring Stretch - Lying – Towel**

- Lie on back
- Raise one leg off the ground
- Wrap towel around foot
- Keep leg straight
- Pull leg toward chest



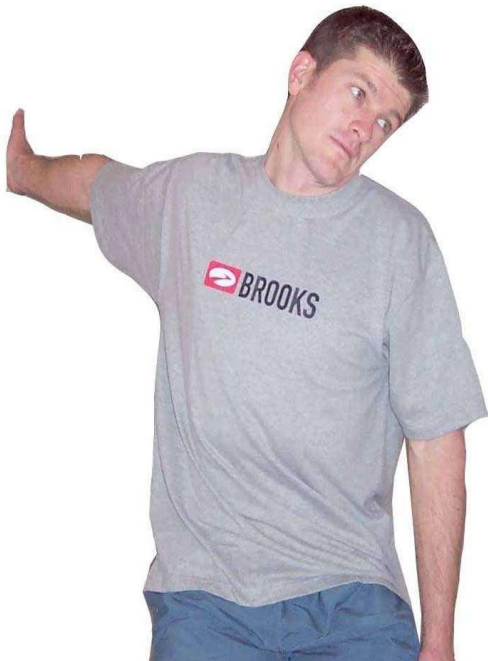
## Yoga - Ankle Up

- Sit on heels with knees resting on the floor
- Tops of feet flat on the floor
- Inhale, lift chest & keep shoulders back
- Exhale, place hands in front of knees
- Inhale, rock backward, lift knees off the floor
- Hold for 3-5 breaths, exhale, release knees to the floor



## **Neck & Arm Stretch - Neural - Hand on Wall**

- Stand, side on to wall
- Place closest hand on wall above shoulder height
- Rotate body away from the wall
- Laterally flex head to opposite side
- Do not hold this stretch



## **Shoulder Capsule & Pectoral Stretch**

- Stand in a doorway with palm on the wall
- Slowly twist body away
- Stop when a mild stretch is felt
- Move hand up the wall to vary the stretch



## **Calf Stretch**

- Support bodyweight on hands & one foot
- Keep heel flat on the floor
- Other foot rests across ankle of stretch leg
- Bend knee of stretch leg toward the floor to increase stretch



## **Neck & Arm Stretch – Neural**

- Stand or kneel
- Hang arm down by side, bend back wrist & fingers
- Point fingers backward
- Laterally flex head toward opposite shoulder
- Do not hold this stretch





NOW LET'S START WITH  
YOGA

## **Bridge ( Bandha Sarvangasana)**

- At first, lie down on your back.
- After that bend or Fold your knees and keep your feet and hip distance apart on the floor.
- Distance should be 10-12 inches from your pelvis. Along with knees and ankles in a straight line.
- Take your arms beside your body, and your palms should facing down.



### **Downward Dog ( Adho Mukha Svanasana)**

1. Stand on four limbs, such that your body forms a table-like structure.
2. Exhale and gently lift your hips and straighten your elbows and knees. You need to ensure your body forms an inverted 'V'.
3. Your hands should be in line with your shoulders, and your feet in line with your hips. Make sure that your toes point outwards.
4. Now, press your hands into the ground and lengthen your neck. Your ears should touch your inner arms, and you should turn your gaze to your navel.
5. Hold for a few seconds, and then, bend your knees and return to the table position.



### **Child Pose (Balasana)**

1. To start the asana first sit on knees with buttocks touching on your heels.
2. Place your hand on thighs and palms down. ...
3. While exhaling slowly bring your chest between your knees and swinging hands forward as shown in the above image.
4. Breathe gently and hold the posture for 2 to 3 minutes



## **Easy Pose (Sukhasana)**

1. Sit straight with the legs stretched out in front of the body.
2. Bend the left leg and place the left foot beneath right thigh.
3. Similarly, bend the right leg and place the right foot beneath left thigh.
4. Rest the outer edge of your feet on the floor.



## Warrior 1 (Virabhadrasana I)

1. Take a deep breath and **step** your legs 4-5 feet apart.
2. Raise your arms upwards to join both the palms right over your head.
3. Exhale and turn the right foot outwards 90 degree to the right.
4. Slightly turn the left foot inwards 45-60 degree to the right.



## Warrior 2 (Virabhadrasana II)

1. Step your right foot to the top of your mat, and your left foot 3-4 feet behind you. Point your right toes straight forward, and your left foot about parallel to the back of your mat. Draw an imaginary line from your right toes, to right heel, to left arch.
2. Bend your right knee so it stacks right over your right ankle. Press equally into your feet.
3. Square your shoulders to the left side of your mat and extend your arms out wide, parallel to the ground, palms face down.
4. Keep your torso upright, shoulders stacked on your hips.
5. Keep your gaze straight ahead, or turn your gaze to the fingertips of your right hand. Keep your breath even as you hold for up to 60 seconds. Inhale to straighten your front leg and release the posture.



Repeat on the other side

## Triangle ( Trikonasana)

1. Stand erect. ...
2. Extend your arms at the shoulder level.
3. Inhale and raises your right arm by the side of your head.
4. Now, bend your right arms with exhaling towards the left side by keeping your body weight equally on both the feet.





## **Four Limbed Staff (Chaturanga)**

1. From Standing Forward Fold, step or jump both feet back 4-5 feet into a push-up position.
2. Spread the fingers wide apart with the middle finger pointing forward, press into the palms with the arms are straight. Tuck the tailbone under so the legs, hips and torso are one straight line. Press the crown of the head forward and with the toes tucked, press the heels back.
3. Exhale and keep the body in a straight line as you lower down towards the floor, holding 4-6 inches above the floor. Have a 90 degree bend in the elbows and keep the shoulders at the same height as the elbows.
4. Breathe and hold for 1-4 breaths.
5. To release: either inhale up to plank pose or exhale all the way down to the floor.



## Chair (Utkatasana)

1. Stand in Tadasana. Inhale and raise your arms perpendicular to the floor. ...
2. Exhale and bend your knees, trying to take the thighs as nearly parallel to the floor as possible. ...
3. Firm your shoulder blades against the back. ...
4. Stay for 30 seconds to a minute



## **Tree ( Vrksasana)**

1. Stand with 2 inches feet apart.
2. Focus on a point in front. ...
3. Inhale and extend the arms up and join the palms in Namaste.
4. In this position continue deep breathing pulling in the tummy muscles and expanding the spine upwards with every exhalation.
5. Stay here as long as you can focusing on one point



## Boat (Navasana)

1. Lie down on your stomach.
2. Brings your arms before your head.
3. Minimise the gap between your legs and arms.
4. Inhale raises your body at 30 degree.
5. Maintain the pose as long as you can.
6. Do normal breathing.
7. Exhale; bring your body down slowly.



## **Crow (Bakasana)**

1. Stand in the position of Tadasana.
2. After taking the position of Tadasana, come down to the Uttanasana position.
3. While doing Uttanasana, keep your hands on the floor just in front of your feet. For this, you'll need to bend a little more from your hips.
4. If you're not capable to balance properly, attempt to keep a folded blanket below your hands so your body gets a platform to rest on.
5. Now Bend your arms a bit (as much as possible).
6. Attempt to carry your left leg up in the air.
7. Fold your knee and take a look at to rest your left knee on the outer facet of your left arm.
8. Fold the right leg from the knee and take a look at to put the right knee on the outer facet of the right arm.
9. There ought to be an acceptable distance between each your hands, so it becomes easier for you to balance your body on your hands.
10. Stay steady in this position for concerning 15-20 seconds, after that slowly-slowly release.
11. Repeat this process three times a day.



## **Arm Balance – (Pincha Mayurasana)**

1. Set up facing a wall.
2. Place your forearms on the floor with your elbows shoulder-width apart. Your forearms should be parallel to each other and your palms should face down. Adjust your distance from the wall so that the wall is just barely beyond the reach of your fingertips.
3. More specifically, look at your fingers and place the block so that your index fingers touch the sides of the block and your thumbs touch the bottom of the block.
4. Bring your shoulders forward so that they're directly above your elbows. Step one foot half way to your elbow and bend your knee. Choose whichever leg feels the most natural.
5. Root down through the base of each finger and thumb.
6. Look at the floor in between your hands. Take a slow, deep breath. Don't freak out.
7. As you exhale, bend the knee that you brought forward more deeply and strongly push the floor away. As this leg jumps, simultaneously swing the back leg toward the wall. Keep the knee of your "swinging" leg straight.
8. As one leg swings toward the wall and the other leg jumps, draw your navel toward your spine to recruit your core muscles and create greater lift.

9. You need to use enough strength and momentum to get your hips over your shoulders. Once your hips are above your shoulders, your “swinging” leg will make it to the wall and stay there. At this point, you can bring your second leg (your “jumping” leg to the wall).
10. Now that you’re in the pose, you can refine it by using the infographic above!



## **Corpse (Savasana)**

Be positioned flat on your backside, like our sleeping pose. ...

1. Maintain your arms at your side and your palms facing up. ...
2. Close your eyes moreover breathe deeply and bit by bit through the nostrils.
3. Start concentrating from your head to your feet





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